

Eat a Healthy Breakfast Every Day

Eating Breakfast Daily is Important for Good Health

A healthy breakfast is essential for optimal school and work performance along with overall health for everyone. By choosing to eat breakfast, you are less likely to snack throughout the day, and it helps to control portion sizes. Breakfast gives you the energy to start your day off right!

What Your Family Can Do

- Plan ahead: Prepare breakfast the night before.
- Eat within 2 hours of waking up
- Include at least 3 food groups to make a complete breakfast
- A healthy breakfast should include a good protein source combined with a healthy carbohydrate source that is high in fiber.
 - Protein Sources: low-fat dairy products, lean meats, eggs, nuts, peanut butter
 - High fiber carbohydrate Sources: fruits and vegetables, whole grain cereals, breads, waffles, and English muffins.
 - Aim for 3-5 grams of fiber
 - Choose whole grain cereals or bars with less than 6 grams of sugar

Healthy Breakfast Ideas

- Whole grain waffle or toast with fresh fruit and low-fat milk
- Breakfast burrito with eggs and salsa, fresh fruit, and low-fat milk
- Oatmeal topped with blueberries and pecans and a sprinkle of cinnamon with light yogurt
- Breakfast smoothie made with light yogurt, fruit, and tsp. oat or wheat bran
- Peanut butter on whole grain mini bagel with fruit and low-fat milk
- Hard-boiled egg with light yogurt and fresh fruit

For More Information

- www.kidshealth.org/parent
- www.kidnetic.com
- www.smart/spot.com
- www.choosemyplate.gov
- www.nutritionexplorations.org

Quick Tips

- Avoid donuts and toaster pastries
- Set a good example by eating breakfast with the family
- Choose whole fruit instead of fruit juice
- Use measuring cups to help portion out cereal
- Try lactaid milk, soy-based products, or almond milk, if lactose intolerant
- Try “grab and go” foods:
 - Fresh fruit
 - Light yogurt
 - Cheese stick
 - Hard-boiled egg
 - Low sugar breakfast bars
 - Whole grain english muffin or toast
 - No sugar added breakfast powder in low-fat milk

Information provided in this sheet was adapted from the American Academy of Pediatrics and www.kidshealth.org.



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.SM

Goal

Pick a goal or goals that you and your family can do together.

Use the boxes below to track your progress.



- I will eat breakfast even if it is on the go
- I will plan and prepare breakfast the night before
- I will add fruit to my cereal

Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Contact Us

Center for Healthy Weight and Nutrition
700 Children's Drive | Columbus, Ohio 43205
Phone: (614) 722-4824 | Fax: (614) 722-3099
NationwideChildrens.org/Healthy-Weight

