

# Breakfast = Better Grades

Kids  
Can Do  
it!



## Do Your Kids Eat Breakfast?

Many reports say that **40% of kids don't!** But we all know that breakfast is the most important meal of the day, right? A healthy breakfast is an essential part of being prepared to learn. Yet today's fast-paced lifestyle sometimes prevents kids (parents, too!) from sitting down to a good, nutritiously balanced breakfast before heading off to school. There's no doubt about it, breakfast is the first and most important meal of the day. Make sure you and your family start the day off right!

## BIG Benefits for Breakfast Eaters!

### Breakfast Eaters...

- Have higher tests scores and grades
- Are better able to concentrate and focus on learning
- Work faster, make fewer errors, and are more creative
- Are more cooperative and get along better with classmates
- Have fewer behavioral problems, tardiness, and visits to the school nurse
- Have better attendance rates
- Are healthier, eat more nutritiously, and better control their weight
- Eat less fat and cholesterol and have lower blood cholesterol levels
- Consume more vitamins, minerals, and other good nutrients
- Show fewer signs of depression, anxiety, hyperactivity, and other behavioral and attention problems

## What Is a Good, Nutritious Breakfast?

A balanced, nutritious, stick-to-your-ribs breakfast includes some protein, whole-grain foods, and a fruit and/or vegetable. This combination of foods will digest at different rates and give you energy to last throughout the morning.

### Protein – Dairy, Eggs, Meat, Nuts

- Milk – non-fat or low-fat
- Yogurt – non-fat or low-fat, low sugar
- Cheese – low-fat
- Cottage Cheese – low-fat
- Eggs – use limited oil/fat in preparation, serve poached, scrambled, hard boiled
- Lean meats – Canadian bacon, skinless turkey and chicken
- Nut butters (no added sugars) – natural peanut butter, almond butter

Missing breakfast and being hungry impairs kids ability to learn!

### Whole Grain Foods

- Hot or cold whole grain cereals – fortified, low-fat, low sugar, at least 3 to 5 grams of fiber
- Bread or toast – whole grains are the first foods listed on the ingredient label; otherwise they aren't whole grain
- Whole grain waffles or pancakes – top with fruit, yogurt, or light syrup

### Fruit

- Fresh or frozen (no added sugars)
- Canned or cups (in 100% juice, no added sugars)
- 100% Fruit juice – orange juice packs the biggest nutritional punch!
- Dried fruit (no added sugars)

### Vegetables

- Fresh, frozen, canned, or juiced
- Add a variety of veggies to your scrambled eggs or omelettes - top with salsa

# 10 Kid-friendly Breakfast Ideas

## Quick, Easy, Nutritious

1. Whole grain cereal and low-fat milk
2. Whole wheat tortilla spread with natural peanut butter and wrapped around a small banana
3. Toasted whole grain mini-bagel topped with low-fat cheese and apple slices
4. Fruit-filled breakfast bar (whole grain, low-fat, low sugar) and yogurt
5. Whole grain mini-waffle topped with fresh fruit (apples, bananas, strawberries, blueberries) and yogurt
6. Fruit Smoothie: Blend together 1 cup fruit, 1 cup yogurt, 1 cup ice, and 1/2 cup milk or juice
7. Whole wheat toast with natural peanut butter and raisins or 100% fruit spread
8. Breakfast Burrito – whole wheat tortilla wrapped around scrambled eggs, salsa, and grated low-fat cheese
9. Half a cantaloupe or honeydew melon filled with yogurt or 1% cottage cheese
10. Oatmeal with blueberries, strawberries, and raspberries, served with low-fat milk



## Be a Good Breakfast Role Model

Children learn by example, even when it comes to eating. Eating breakfast is a healthy way to start the day for **everyone!** Set a good example by eating a healthy, nutritious breakfast. Prepare and eat breakfast with your child as often as possible. You may also want to pack a healthy morning snack for your child.

### Breakfast Pocket

- 1 egg
- 1 Tbsp water
- 1/2 whole wheat pita, toasted
- 1/4 cup black beans
- 1/4 cup salsa

Directions: Stir egg and water in a small bowl. Cover and microwave on high 1 minute. Fill pita pocket with egg, salsa, and beans.

### Ham and Eggs on the Go!

- 1 whole wheat English muffin, toasted
- 1 egg
- 1 Tbsp water
- 1 slice lean ham
- 1 slice low-fat cheese

Directions: Stir egg and water in a small bowl. Cover and microwave on high for 1 minute. Toast English muffin and top with egg, ham, and cheese. Microwave 30 seconds to melt cheese.

### Banana and Peanut Butter Smoothie

Put into a blender and blend until smooth:

- 1 small ripe banana
- 3 Tbsp natural peanut butter
- 1 Tbsp honey
- 1 cup cold milk (low-fat or non-fat) or 1 cup low-fat vanilla yogurt
- Garnish with banana slices and chopped peanuts, if desired

## Best Breakfast Beverages

- Milk (non-fat or low-fat)
- Water
- 100% fruit juice (limit to 1 to 1.5 cups per day)

## Check Out Breakfast Options

If your child doesn't have time for breakfast at home or isn't hungry early in the morning, learn about breakfast programs offered at school.

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