

# The Most Important Meal of the Day, BREAKFAST

## Did You Know?

When children eat breakfast before class each morning they tend to do better in school.

- ✓ They pay more attention and behave better
- ✓ Are at lower risk of becoming overweight
- ✓ Do better on school tests

## Start With a Healthy Breakfast!

- ✓ Read the school breakfast menu with your child
- ✓ Be a role model, eat breakfast with your child often
- ✓ Encourage your child to eat breakfast either at school or at home
- ✓ Try to eat from at least 2 different food groups each day
- ✓ Healthy Breakfast Ideas:

- Bagel with cream cheese
- Tortilla with cheese
- Rice porridge
- Left-overs from last night
- 100% fruit juice
- Toast with peanut butter
- Waffle with fruit
- Cereal with low-fat milk
- Noodles with vegetables
- Hard boiled egg
- Yogurt with fruit
- Fruit

# Healthy Kids

*for life!*

