

# EAT BREAKFAST EVERYDAY

## The Most Important Meal of the Day

### Why Is Breakfast Important?

- Fuels the brain so you can concentrate better
- Gives you energy to play
- Helps you stay alert throughout the day
- Helps you do well in school and get better grades

### How Can Parents Help Make Breakfast Successful!

- Eat breakfast yourself. "Showing" teaches more than "telling". Your child will follow what you do.
- Get clothes and schoolwork ready the night before.
- Allow time for breakfast – wake up 10 minutes earlier!
- Turn off the television.
- Offer two or three food choices. This may help your child feel more in control of breakfast eating.
- Ask your child to help with breakfast.

### Quick and Easy Breakfast Ideas

- Raisin toast with peanut butter, banana, milk
- Cheese melted on whole wheat bread, pears, milk
- Banana bread, cheese, orange juice, milk
- Bagel or English muffin topped with cottage cheese, peanut butter, or low fat cream cheese and peaches, milk
- English muffin, fresh fruit topped with yogurt, milk
- Bran muffin, orange slices, milk
- Hot cereal with raisins, applesauce, milk
- Homemade pizza with cheese/Canadian bacon, pineapple, milk
- Cinnamon toast, apple slices, milk
- Scrambled eggs, toast, fruit salad, milk
- Toaster waffle or pancake topped with sliced bananas and maple syrup, milk
- Pita filled with egg salad, tangerine slices, milk
- French toast with sautéed apples, milk
- A fruit and milk smoothie