



Let a Good Breakfast Lead the Way to School!

Welcome to the new school year! In the rush of preparing for a successful start, it is important to remember that having a healthy breakfast will lead the way to a great day. It has been proven that having a nutritious breakfast improves concentration and learning. A rule of thumb for planning a good breakfast is to include at least three of the four food groups. Here are some suggestions as to what to include in your student's breakfast:

Vegetables and Fruit – Try some cut up carrots, cucumbers, apples or bananas. A morning smoothies with dark green and orange vegetables like spinach, kale, carrots, along with fruit, yogurt and milk can be energizing.

Grain Products- Cereals should contain a whole grain as the first ingredient; examples include whole wheat, brown rice, and oats. Try overnight oatmeal in a jar (yogurt, fruit, milk, chia seeds, and oatmeal), blueberry pancakes with whole wheat flour, or cold cereal with fruit and yogurt on top.

Milk and Alternatives- Try 1% or 2% milk. Greek yogurt has more protein in it than regular yogurt; try plain yogurt and add your own fruit to limit extra sugar in your diet. A piece of cheese also fits into this food group, and adds protein to help keep you full longer.

Meat and Alternatives- Why not try a scrambled egg with bell peppers, mushrooms, onions or broccoli? Rolling a whole grain tortilla stuffed with a scrambled egg, black beans, grated cheese, and chopped green peppers makes a nice breakfast. Nut butters on toast make a good breakfast also. Try a scattering of nuts on cereal or yogurt for a nice crunch. Some interesting breakfasts can be leftover pizza, meatballs with spaghetti sauce, or chili with beans.

The entire family can be involved in making breakfast, and having supplies on hand for quick packaging such as small baggies and reusable containers makes it easier. Make it a habit to have breakfast each day!

The above information was collated from www.childnutritioncouncil.com.

Submitted by Karen Omichinski, Registered Dietitian,

Certified Diabetes Educator, IERHA.

