

## Nutrition notes from WakeMed Children's Diabetes & Endocrinology



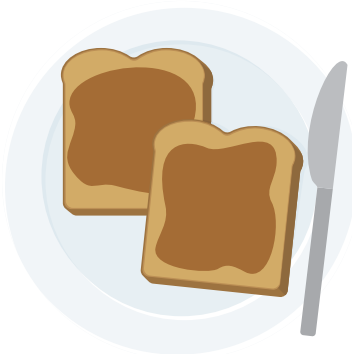
# what's the big deal about breakfast?

Sound familiar? “There’s no time for breakfast!” “Breakfast makes me hungry all day!” “I’m not hungry in the morning!” “I don’t like breakfast foods!”

All of these are excuses for not eating the most important meal of the day, but breakfast is important to get the day started off right. “Breakfast” literally means, “break the fast.” When you wake up in the morning, your body has not had any nutrients for a long time. Trying to get your body and mind going on an empty stomach is like trying to start a car without any gas!

### › Did You Know?

- Kids who eat breakfast daily get more vitamins and minerals to help them grow strong bones.
- Kids who eat breakfast do better in school, have better language skills, and improved problem solving abilities and memory skills.
- Eating a healthy breakfast can help you maintain a healthy weight.



### › Healthy Breakfast Ideas

- Whole wheat toast with peanut butter
- Bowl of high fiber cereal with skim milk and added fruit
- Bran muffin and skim milk
- Hard-boiled egg
- String cheese and low-sodium crackers
- Low-fat yogurt and fresh fruit
- Whole wheat English muffin with peanut butter
- Cottage cheese with cut-up fruit
- Whole grain waffle or pancake topped with fresh fruit

### › Breakfast on the GO!

- If you’re always running late in the morning, try pulling together your breakfast food the night before. Put them on the counter or make a special place for them in the fridge.
- While waiting for the bus or your carpool, nibble on your “grab & go” foods.
- Pack an extra granola bar in your backpack as an emergency snack.
- Make a breakfast shake at home: combine skim milk with one scoop of low-fat or fat-free yogurt, and fresh or frozen fruit and blend with ice.