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.