



Start the Day with a Healthy Breakfast

Breakfast literally means "breaking the fast". It helps us to reload our energy stores after a long night of not eating. Too often, we start our day with an "empty tank". A healthy breakfast can give us the energy we need to "fuel" our activities throughout the day. Here are three reasons why you should eat breakfast soon after waking up:

- **It's a nutritious way to start your day.** Breakfast eaters tend to eat less fatty foods, more whole grain foods, and more vitamins and minerals, especially calcium, iron and magnesium.
- **It improves our focus.** People who eat a healthy breakfast think more clearly, score higher on tests, and feel better than those who skip breakfast.
- **Manage your weight.** Those who eat breakfast are more likely to maintain a healthy weight.

Here are some healthy breakfast ideas that are easy and high in fiber:

- **Cereal.** Try the whole grain kinds topped with mixed nuts, dried fruit, or a sliced banana. Use either low fat milk or calcium fortified soy milk.
- **Whole grain bread, English muffin or bagel.** Try with a little peanut butter, sliced banana, and raisins on top. Sprinkle with cinnamon and serve with a glass of milk!
- **Yogurt.** Layer with your favorite fruit and whole wheat cereal or granola.
- **Oatmeal.** Top it with raisins, dried cranberries, sliced bananas, and milk.

Take Action!

Make sure your child has a healthy start to the day with these tips:

- Ensure your child eats breakfast every day this week.
- If there is no time to eat breakfast at home, encourage your child to eat breakfast at school.
- Plan a breakfast together! Include 3 different food groups – be creative!



Recipe

Banana Dog

Servings: 1

Ingredients:

- 1 Tablespoon peanut butter or sunflower butter
- 1 Whole grain hot dog bun
- 1 Banana
- 1 Tablespoon raisins
- Optional: whole grain cereal

Directions:

1. Spread the peanut (or sunflower) butter on a whole grain hot dog bun.
2. Add a banana and sprinkle with raisins.
3. Instead of using a hot dog bun you may spread a banana with peanut butter and roll it in whole grain cereal or a whole wheat tortilla.



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