

Better Breakfasts for Kids

Here are a few reasons why you want to feed your kids breakfast in the morning:

1. **Brain power:** Kids who eat breakfast do better in school due to improved memory, ability to concentrate, and decreased hyperactivity
2. **Mood:** Skipping breakfast will often make your child feel tired, restless or irritable by mid-morning. A morning meal can enhance mood and improve social interactions.
3. **Weight:** Among children and adolescents, studies show that eating breakfast everyday is important in maintaining a healthy body weight. Kids who eat breakfast are more likely to eat healthier overall and participate in physical activity.

“Rule of 3” for a Better Breakfast: WHAT you serve for breakfast also matters

1. **Protein:** Include one serving of a protein-rich food such as eggs, beans, nuts and nut butters, or dairy sources such as milk, yogurt, and cheese. Protein stabilizes blood sugar, delays hunger, and provides building blocks for body growth, maintenance, and repair
 - 1 serving= 1 egg, $\frac{1}{2}$ cup beans, 1 tbs nut butter, 2 tbs nuts, 1 oz lean meat
 - 1 serving of dairy= 1 cup milk or regular yogurt, 6 oz Greek yogurt, 1.5 oz cheese
2. **Fruit or vegetable:** Incorporate at least $\frac{1}{2}$ cup of a nutrient rich fruit or vegetable for essential vitamins and minerals. Seasonal produce will taste the best!
 - $\frac{1}{2}$ cup serving= 4 large strawberries, 16 grapes, 1 small orange, $\frac{1}{2}$ cup salsa, 1 cup chopped spinach
3. **Whole grain:** Add a serving of whole grains for a dose of fiber, slow-release energy, and vitamins and minerals.
 - $\frac{1}{2}$ cup serving=1 slice whole grain bread, $\frac{1}{2}$ cup cooked oatmeal, 6" whole corn or whole wheat tortilla, 1 oz low-sugar whole grain cereal

Variety is the spice of life! Include some variety throughout the week to keep your kids interested. And parents...don't forget to set a good example and eat breakfast yourself!

In a hurry? Pack it to go! A banana, baggie of trail mix, and a glass of milk can go a long way!

Delicious Breakfast Ideas...

- Yogurt parfait with plain greek yogurt, berries, and whole grain granola or handful of walnuts
- Easy egg sandwich: Egg (scrambled, fried, or hard boiled) and avocado on whole grain toast (add cheese and tomato if desired)
- Whole grain toaster waffle with peanut butter and banana
- Egg in a hole
- Cereal (<6 g sugar/serving, >3g fiber/serving) topped with sunflower seeds or nuts, dried fruit, milk
- Oatmeal cooked in milk with fresh or dried fruit, toasted walnuts or almonds
- Whole grain bagel with cream cheese, smoked salmon or sliced tomato
- Quick scrambled eggs, side of whole wheat toast, fruit
- Fruit smoothie (frozen fruit, plain yogurt, low fat milk or 100% juice)
- French toast made with whole grain bread, topped with nut butter and/or syrup
- Pancakes (look for Kodiak pancake mix and add milk and eggs) topped with syrup, Nutella, or nut butter, fruit
- Baggie of homemade trail mix: dry cereal with dried fruit, nuts, side of milk
- Breakfast tacos: scrambled eggs, cheese, and salsa in 2 toasted corn tortillas
- Banana bread spread with cream cheese, glass of milk
- Scrambled egg, turkey bacon, and cheese on whole grain English muffin
- Whole wheat tortilla, nut butter, banana roll up
- Peanut butter and fresh fruit sandwich
- Bagel with cream cheese, cucumber, and tomato
- Kind bar, apple, glass of milk
- Cottage cheese with berries or chopped fruit
- Greek yogurt with granola, seeds and nuts
- Quinoa cooked with cinnamon, nuts and fruit
- High protein Bento box: one large hard-boiled egg, 1/4 cup almonds, 1/2 cup low fat cottage cheese topped with 1/2 cup berries, and 4 whole-grain crackers in a bento box or other re-sealable container for a protein-packed breakfast
- Dinner leftovers!