

# Simple and helpful tips for a balanced breakfast

## Include foods from three (3) different food groups.

- Cold cereal, banana, milk, toast, peanut butter, fruit or 100% fruit juice. ● ● ● ●
- Crackers and cheese, orange wedges, milk ● ● ●
- Yogurt, bananas, wheat toast ● ● ●
- Oatmeal, canned peaches, milk ● ● ●
- Bagel, 100% juice, yogurt ● ● ●
- Toasted English muffin topped with cheese, grapes, milk ● ● ●
- Bacon, egg, applesauce, milk ● ● ●



# The Importance of Breakfast



Help Commissioner Nutrition investigate the importance of breakfast.



- Grain Group
- Milk/Dairy Group
- Produce Group
- Meat/Protein Group



# Good Nutrition Begins With Breakfast

Breakfast is the most important meal of the day. When you separate the word “breakfast” you have:

## **BREAK & FAST**



Fasting is when you go a long period of time without eating. While we sleep our bodies do not receive anything to eat or drink. When we eat breakfast, we are breaking the fast.

- Eating breakfast at home or school gives your child the energy to start the day.
- Eating a balanced breakfast provides your child with the proper nutrients.
- Encourage your child to eat from at least three (3) different food groups.
- If your child doesn't have time to eat breakfast at home, encourage them to eat at school.
- A serving of milk and fruit or 100% fruit juice should be part of a balanced breakfast.

Disclaimer: Always seek the advice of your physician with any medical advice or special nutritional needs.

Good nutrition is important for proper growth and development. Studies show that eating a balanced breakfast can help children learn better.

When children skip breakfast, hunger pains can be a problem:

- They might feel sick
- They have a hard time focusing
- They are not as cooperative as children who eat a balanced meal

Children who eat breakfast:

- Are more focused
- They are receiving essential nutrients
- They get along better with classmates
- They score higher on tests

