

Healthy Breakfast Parent Handout



Power up with Breakfast

Why Breakfast?

- Kids do better in school and are more alert when they eat breakfast.
- Breakfast provides kids the energy to be more creative and remember better.
- Kids feel good and complain less of headaches and stomachaches from being hungry.
- Kids who eat breakfast miss fewer days of school and are late less often.
- Eating breakfast improves kids' behavior and attitude throughout the day.
- Breakfast provides nutrients kids need to grow and develop.

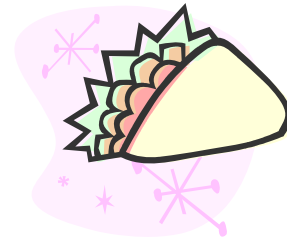
Power Breakfast Recipes

Rice Pudding

Mix steamed rice (try brown rice for additional fiber), low fat-yogurt, dried fruit, nuts, and cinnamon.

Pita Pizza

Fill whole wheat pita bread with your favorite low-fat cheese, cooked lean meat, and vegetables. Heat in microwave.



Egg Burrito

Fill a soft whole wheat flour tortilla with scrambled eggs, boiled potato, and refried beans or salsa.

Waffles, Pancakes, or French toast

Try ready-made whole wheat items that can be toasted or microwaved.

Sandwich Roll-up

Spread peanut (or other nut) butter and banana or fruit spread on a whole wheat flour tortilla.

Fruit Salad

Mix fruit with low-fat vanilla yogurt or cottage cheese.

Hot Cereal

Use quick-cooking oats and add dried or fresh fruit, nuts and low-fat milk.

