



A Good Start

Did you know that breakfast is the most important meal of the day?

- Breakfast provides the nutrients and energy children need to concentrate in school.
- Kids who eat breakfast get better grades, pay more attention in class, and behave better.

Here are some tips to help your child begin the day on the right foot:

1. Make time

- Set the alarm to allow 10-15 unhurried minutes for breakfast.
- Suggest several healthy breakfast items, and let your child choose.
- If your youngster doesn't like to make decisions first thing in the morning, give him/her breakfast choices the night before.



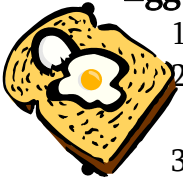
2. Make it healthy

- Give your child a mix of protein (such as low-fat or non-fat milk and cheese, eggs, or lean meat) and carbohydrates (whole-grain cereal, fruit, or whole-wheat bread).
- The carbohydrates boost energy and help your child jump-start the day, while the protein keeps the body going strong until lunchtime.

3. Make it kid-friendly

- These quick breakfasts are sure to bring a morning smile to your youngster's face.

Egg in a Basket:



1. Cover a frying pan with non-fat cooking spray.
2. Tear a hole out of a slice of whole wheat bread, put the slice in the pan, and crack an egg into the hole.
3. Cook two minutes, flip, and cook until the egg is set and lightly browned.

Waffle Wonder:

1. Toast a whole-grain frozen waffle.
2. Put sliced strawberries around the edge and fill with a handful of blueberries.
3. Serve with a side of low-fat flavored cottage cheese or yogurt.

