

# Parents...Get Straight A's With a Healthy Breakfast!



Children who eat breakfast learn better — eating breakfast gets rid of hunger symptoms such as being tired or sleepy, getting headaches or becoming cranky.

## HELPFUL HINTS FOR BUSY PARENTS

### GET OFF TO A GOOD START

Make sure your child has time for breakfast at home or take advantage of the School Breakfast Program if your school operates one. School meals are not only convenient but also an inexpensive and healthy option.

### KEEP BREAKFAST SIMPLE

Have items available in your kitchen that can easily be put together in the morning: cereal, milk, toast or bagels, cheese, fruit and yogurt.

### JOIN YOUR CHILD FOR BREAKFAST

Be a positive role model — eat breakfast yourself and share breakfast with your child when you can.

## THE PROVEN BENEFITS OF BREAKFAST FOR YOUR CHILD INCLUDE:

- Better overall nutrition and healthy body weight
- Fewer absences and reduced tardiness
- Higher scores on achievement tests

## DID YOU KNOW?

- Breakfast is the most important meal of the day.
- Children tend to copy eating habits of other family members, so setting an example of healthy food choices is important.
- Any child who skips or does not have access to breakfast can suffer learning and health problems.

## Healthy Breakfast Foods

**Make half your grains whole.** Choose whole-grain foods often, such as oatmeal or whole-wheat bread, bagels or cereal.

**Get your calcium-rich foods.** To build strong bones choose low-fat or fat-free milk, and cheese or yogurt for breakfast.

**Focus on fruits.** Eat them at breakfast on top of cereal or add them to a yogurt smoothie.

**Go lean with protein.** Add peanut butter to toast or try a “breakfast” bean and cheese burrito.

Visit

[www.mealsmatter.org](http://www.mealsmatter.org)

for FREE tips, interactive nutrition assessment tools, easy-to-prepare recipes, meal suggestions and more.