

Jumpstart the day with a healthy breakfast!

Many of us have heard that breakfast is the most important meal of the day. Research tells us that kids who eat breakfast:

- Perform better at school
- Have healthier weights
- Eat more of the important nutrients

Children need to start the day with a good breakfast to feel and do their best. Aim to include foods from at least 3 of the 4 food groups from *Eating Well with Canada's Food Guide*.

Here are some quick and easy breakfast ideas:

Stock up – keep your kitchen stocked with breakfast staples such as cereals, milk, yogurt, whole grain breads and home made muffins, fruit and fruit juices, bagels, eggs, peanut butter and cheese.

Get ready – spend a few minutes each evening preparing for breakfast the next day. Set out cereal boxes and the toaster, set the table, cut up fruit.

Give it time – wake up a little earlier so that everyone has time to eat breakfast. This is a good time for “family time” to talk about everyone’s plans for the day.

Make it a family affair – involve everyone in choosing the food, preparing breakfast, or cleaning up.

Walk on the “wild” side – liven up the morning with these fun ideas:

- Fruit smoothie and a whole grain muffin
- Grilled cheese sandwich, melon slices and milk
- Leftover pizza, 100% fruit juice
- Whole wheat tortilla or pancake rolled with peanut butter and banana, and milk
- Dry cereal stirred into yogurt with a piece of fresh fruit

Adapted by the WRHA Community Nutritionists from “Eat Well, Play Well” at www.dietitians.ca