



# Spotlight On Health

## Breakfast Is Important!

We always hear how breakfast is the most important meal of the day! There is a reason for that. After you've slept all night long, your body has no energy without breakfast! And children who don't eat breakfast are less able to learn or participate at school. On the other hand, kids who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall. Plus - it promotes proper growth!

Any breakfast is better than no breakfast. But, try not to have doughnuts all the time. They're high in calories, sugar and fat. They also don't contain the nutrients you really need. It's better to eat a variety of foods, including breads and cereals (grains), meats, beans and nuts (protein), fruits and vegetables, milk, cheese and yogurt.

Some traditional breakfast ideas are: eggs, waffles or pancakes, cold cereal and milk, hot cereal like oatmeal or cream of wheat (try them with fruit on the top), whole grain toast, bagels or English muffin or yogurt with fruits or nuts.

Some kids skip breakfast because they sleep too late, are too rushed, or they are trying to lose weight. But skipping breakfast doesn't help people with weight. As a matter of fact, someone

who skips breakfast tends to eat more calories throughout the day.

If you find yourself skipping breakfast because you're too rushed, try these quick breakfasts. They are easy to grab on the way out

the door or can be prepared the night before and they are nutritious:

- Ready to eat cereal with fruit and milk.
- Toasted bagel with cheese.
- Fruit-filled breakfast bar and yogurt.
- Toasted waffle topped with fruit and yogurt.
- Fruit smoothie (fruit and milk whirled in a blender).
- Peanut butter on whole wheat toast.

So tomorrow morning, don't run out the door on an empty stomach. Fuel up with a healthy breakfast! Your day will be much better.

### Some Quick Tips To Help You With The Breakfast Crunch!!

1. Finish homework and pack your school bags at night.
2. Decide what you will wear to school before going to bed. Locate lost shoes for the next day.
3. Get up 15 minutes earlier.
4. Give up morning television and computer games.
5. Make sure there's healthy foods on hand.
6. Set out cereal the night before if that helps. If you're running late, fill a zip-lock bag with your portion - you can add milk to that and eat it on the go!

