

"The Most Important Meal Of The Day!"

We've all heard that phrase "Breakfast is the most important meal of the day." Why is breakfast so important? It's important because after a long night's sleep, your body needs refueling! Food is a fuel for your body and without it, you can spend the day stumbling around in a fog and fighting off a headache. Kids who eat breakfast do better in school, are more likely to participate in physical activities and tend to eat healthier overall. The consumption of food increases the metabolic rate (how fast you burn calories) and kick starts your body into gear!

Some kids skip breakfast because they sleep too late or they think it's a great way to stay thinner. But skipping breakfast doesn't help maintain a healthy weight. In fact, most people tend to eat more



calories during the day if they skip breakfast!

Just like with other meals, at breakfast, try to eat a variety of foods, including:

- Fruit
- Vegetables
- Grains (make at least half your grains whole grains)
- Protein (meat, poultry, fish, eggs, dry beans, nuts, and seeds)
- Dairy products (low fat or fat-free milk, cheese, and yogurt)

Here's a few good breakfast ideas!

- Eggs
- French toast, waffles, or pancakes (Don't forget the wheat or whole-grain varieties)
- Cold cereal and milk
- Hot cereal, such as oatmeal or cream of wheat. (Try some fruit or nuts on the top)
- Whole grain toast, bagel or English muffin with cheese
- Yogurt with fruit or nuts
- Fruit smoothie, such as a strawberry smoothie
- Banana dog (peanut butter, a banana and raisins in a long whole grain bun.
- Breakfast taco (Shedded cheese on a tortilla folded in half and microwaved)
- Fruit and cream cheese sandwich (use strawberries or other fresh fruit)

