

## **Power Up With Breakfast**

Breakfast gives you energy to grow, go and glow. A healthy breakfast is important for adults and growing children. Students perform better academically in school and are more alert when they eat breakfast. Breakfast allows kids to be more creative and perform better on tests. Teachers love it when their students eat breakfast because they have a greater attention span, increased memory, and an improved attitude and behavior to tackle their studies. You get the picture! So why isn't everybody eating a good nutritious breakfast?

Here are some tips to help your family make breakfast a habit and give you a head start to your day:

- Plan to set out bowls and cereal the night before to make the morning meal quick and easy. Keep sliced fruit, string cheese sticks and other snack pack items in the refrigerator.
- Prepare to feed your kids on the go. Keep grab 'n' go items in your cupboard - items like 100 percent juice, dried or fresh fruit, yogurt, bagels or breakfast bars. Look for nutritious snack pack items like flip top fruit, individual cottage cheese containers, pudding or yogurt in a tube.
- Dare kids to try something different. Breakfast doesn't have to be the same old traditional items! Why not add a twist to your diet and serve leftovers - a burrito, stuffed baked potato or veggie pizza.
- Change the pace and have a breakfast picnic on the weekend. Is there a special occasion in your future? Celebrate it with breakfast! And don't forget to eat breakfast at school with your kids.
- No time at all for breakfast? Have your child take part in the National School Breakfast Program.

### **Here are some Power Breakfast Ideas:**

Pita Pizza - Fill pita bread with your favorite low-fat cheese, cooked lean meat and vegetables. Heat in the microwave until the cheese melts.

Egg Burrito - Fill a soft flour tortilla with scrambled eggs, boiled potato, refried beans or salsa.

Waffles, Pancakes, French Toast - Try these ready-made items that can be toasted or microwaved and topped with fruit spread or fruit-flavored yogurt.

Sandwich Roll-up - Try peanut butter and a sliced banana or jelly on a flour tortilla.

Fruit Salad - Mix fruit with yogurt or cottage cheese.

Hot Fruit - Top canned or fresh fruit with brown sugar, cinnamon and nuts. Heat in the oven or microwave.

Hot Cereal - Use quick-cooking oats and add dried or fresh fruit, nuts and brown sugar or add cheese or soft margarine to grits instead of butter. Mix the oatmeal with skim milk instead of water.

And remember - you play an important role in making sure that you and your kids eat a healthy breakfast every day. So- Power Up With Breakfast!

**Information from USDA's Eat Smart. Play Hard. Campaign at**

**<http://www.fns.usda.gov/FNSMascot/default.htm>**

**For more information on the nutrition and academic benefits of breakfast, visit the following site at: <http://www.schoolmeals.nal.usda.gov/Resource/breakfastresources.html>**