

Did Your Child have Breakfast This Morning?

The word breakfast comes from “fast”, meaning a period of time when you don’t eat food and when you break the fast by starting to eat. What you eat is turned into energy by your body. So when you have gone all night without eating you have low energy. You’re like a car with an empty gas tank! A nutritional breakfast is best because it will give you energy throughout the morning. Donuts and high sugar breakfasts will give you a quick burst of energy but then you crash.

Studies have shown that students who eat breakfast before school have higher math and reading scores, increased attention, fewer visits to the nurse, and better behavior. A healthy breakfast helps to prevent obesity, lowers cholesterol, and decreases absenteeism.

Here are some ideas for a quick, easy, and healthy breakfast:

- trail mix with dried fruit and nuts
- banana dog (peanut butter, banana, and raisins in a long whole-grain bun)
- whole wheat frozen waffles with fruit and yogurt
- whole grain bagels, bread, or English muffins with cheese or peanut butter
- fruit smoothies
- yogurt with fruit or nuts
- fruit and cream cheese sandwich (use strawberries or other fresh fruit)
- leftovers – yes, they’re good for breakfast also!

It makes sense and it’s easy – start your day off right!