



## BREAKFAST: THE BEST MEAL OF THE DAY!

ISSUE 2

Eating breakfast is a healthy habit that will give both you and your child many benefits. Studies show that children who eat breakfast do better in school because they have:

- More energy to listen and learn
- Sharper concentration
- Better problem-solving skills
- Fewer missed school days
- Fewer trips to the school nurse's office complaining of stomach aches

Also, children and adults who eat breakfast are better nourished and are less likely to overeat the rest of the day.

### 2-Minute Breakfast Ideas:

- Top a bowl of 100 percent whole grain cereal with a favorite fruit.
- Blend a small banana with  $\frac{1}{2}$  cup of low-fat vanilla yogurt and  $\frac{1}{2}$  cup of 100 percent fruit juice.
- Lightly spread peanut butter on fresh apple slices or 100 percent whole grain toast.
- Top a whole-wheat toaster waffle with low-fat yogurt and fruit.
- Serve scrambled eggs on a whole wheat tortilla. Top eggs with salsa and grated low-fat cheese.

### Shopping for a Healthier Breakfast:

- Choose only 100 percent whole grain bread, plain instant oatmeal, 100 percent whole grain cereal and whole grain tortillas.

INGREDIENTS: **WHOLE GRAIN** 1<sup>ST</sup> Ingredient  
ROLLED OATS, PINEAPPLE JUICE CONCENTRATE, VITAMIN E, NATURAL FLAVOR.

- More veggies please! Don't forget to add spinach and red peppers to eggs. Grab vegetable juices like carrot, tomato or V8<sup>®</sup>.
- All fruits count! Choose a variety of fresh, frozen and canned fruit or small amounts of 100 percent fruit juice.
- Make it "low-fat." Buy only the lowest fat milk, yogurt and cheese.
- Go lean. Instead of bacon, select ham or turkey products. Eggs are also a great choice.
- Use less oil when cooking.
- Don't sugarcoat it. Avoid packaged breakfast foods and drinks that have more than 10 grams of sugar per serving.

### Yogurt-on-the-Go



$\frac{3}{4}$  cup light fruit-flavored yogurt

1 tbsp. raisins

1 tbsp. sunflower seeds

$\frac{1}{3}$  cup strawberries

Mix all ingredients together in a bowl and serve. Makes 1 serving.

Calories: 220

Source:  
[www.kidshealth.org/kid/recipes](http://www.kidshealth.org/kid/recipes)

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The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (775) 684-0500. The USDA is an equal opportunity provider and employer.