

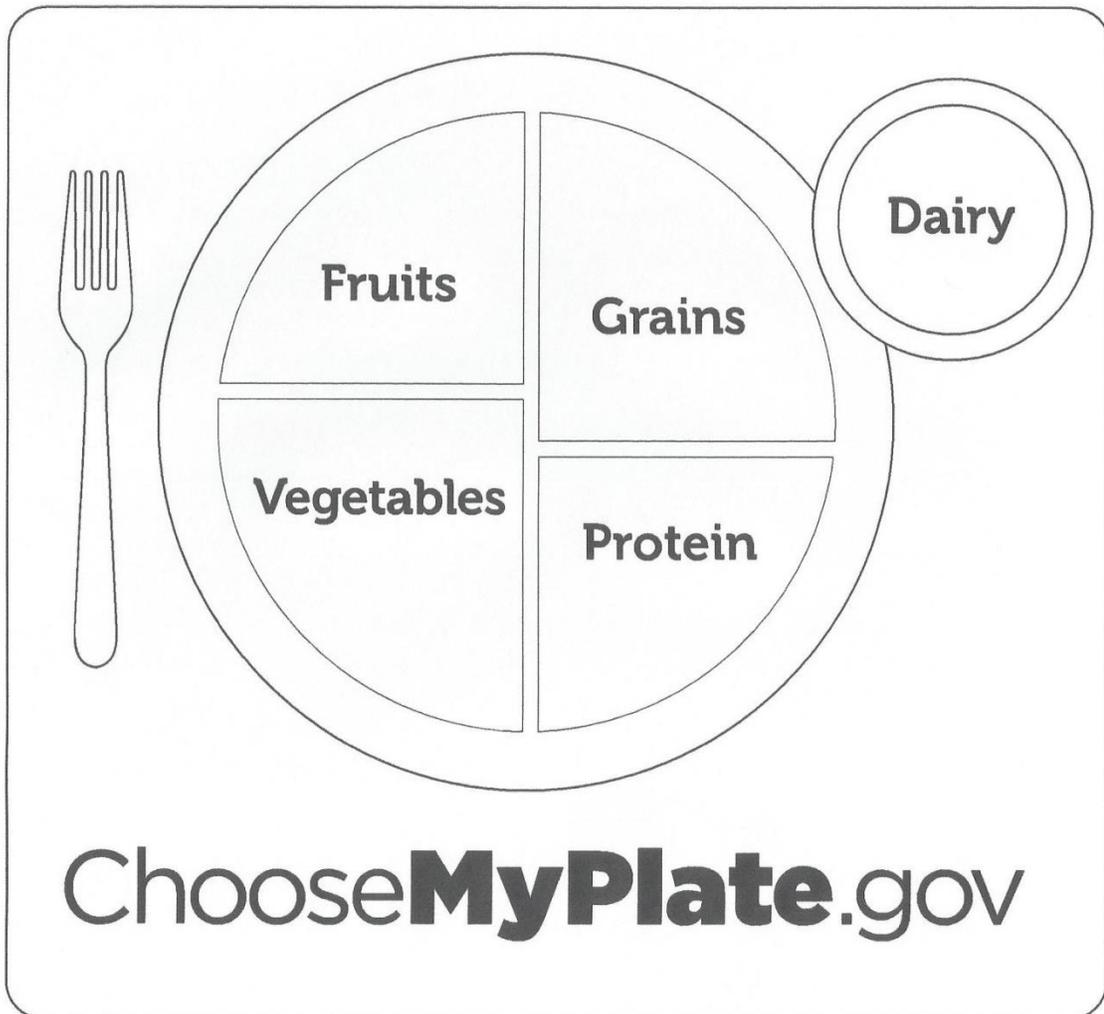


Academy of Nutrition and Dietetics  
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**Healthy Breakfast.  
Everywhere You Go.**

## **Breakfast My Way!**

Use the MyPlate outline below to draw and color the foods that you would put onto your breakfast plate. Be creative and come up with at least two foods that you would choose to start your day right with breakfast!



# Hey Parents!

## Did you know...?

- Breakfast is the meal most often skipped by children.
- Many children have access to a healthy breakfast at school and don't take advantage of it. Many children may be eligible for free or reduced-price breakfasts.
- The School Breakfast Program provides children with needed energy and nutrients (e.g. protein, calcium, vitamin A, vitamin C) to start their day out right.

## Children need to eat breakfast every day.

- Eating a healthy breakfast every day improves learning and behavior in school.
- Breakfast provides key nutrients for children to grow and develop.
- Children who eat breakfast are less likely to be overweight.
- ***P.S. YOU need to eat breakfast, too!***

## Breakfast ideas -- Put it all out on the table!

- Fruit and yogurt parfaits: combine low-fat yogurt, fruit of choice and whole grain cereal for a hearty meal to start the day.
- Cereal and milk: whole grain cereal and low-fat milk is a quick and easy way to give you and your kids fuel in the morning.
- Breakfast burritos: wrap up scrambled eggs with cheese, beans and salsa in a tortilla shell or try a peanut butter and banana burrito.
- Oatmeal with toppings: cook some oatmeal and allow your child to add toppings like fruit, dried fruit, or nuts
- Waffles: buy prepared whole-grain waffles and top them with fruit or nut butter spreads or eat them plain on the go.
- Leftovers for breakfast: if your child is not a traditional breakfast eater, let him eat leftovers from the night before like pasta, pizza or rice and beans.

Get great ideas through tips, articles and recipes from [www.kidseatright.org](http://www.kidseatright.org)!



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