Breakfast

Tips for a Smart Start

- Be ready; plan and prepare breakfast the night before to save time in the morning.
- Be an example; eat breakfast yourself to increase the chances of children growing up to be breakfast eaters.
- Be healthy; always make it a goal to have at least three food groups at breakfast.
- Be flexible; breakfast can be a sandwich with milk or soup with cheese and crackers; there are no rules for what counts as breakfast food.
- Be creative; add leftover vegetables to scrambled eggs, fruit to cereal, or cook oatmeal with apple juice and top with nuts.
- Be adventurous; if time allows, have children practice fine motor skills by pouring liquids from small pitchers or mixing ingredients together.

Breakfast: Why does it matter?

Preschoolers have an especially high level of energy and are growing and changing at a fast pace. Starting healthy eating habits, such as eating breakfast, is important to maintain their growth and activity levels.
Eating breakfast regularly:

- Prepares a child for learning.
- Improves behavior and attention.
- Improves diet quality.
- Decreases the risk of being overweight.

Building Blocks of a Healthy Breakfast

**Fruits and Vegetables** provide important vitamins and minerals.
- Canned fruits in their own juice
- Unsweetened applesauce
- 100% fruit and vegetable juice
- Fresh or frozen fruits
- Sliced vegetables

**Lean Proteins**, such as meats, nuts and dairy, provide healthy fats and nutrients like vitamin D and calcium.
- Peanut or almond butter
- Low fat yogurt, milk & cheese
- Eggs
- Beans

**Whole Grains** provide children with fiber so they feel full longer. Whole grains also help keep kids hearts healthy.
- Whole-wheat toast
- Oatmeal
- Whole-wheat creamy style hot cereal
- Whole-grain cold cereals
- Cornbread
- Brown rice
- Whole-wheat muffins
- Granola bars
- Whole-grain pancakes
- Whole-grain tortillas

Link To References

For more information, please contact your county UW-Extension office:

http://counties.uwex.edu/