



Breakfast: Waking Up to a Healthy Start!

Breakfast starts the day right! It gives your child energy, protein, vitamins and minerals, all of which he needs to grow, learn, play, and stay healthy. Children who regularly eat breakfast tend to perform better in school due to improved concentration, problem solving skills, and attendance. They are also less likely to be overweight. Help your child wake up every day to a healthy start by offering a variety of healthful foods.

- **Ready-to-eat cereals**—They're quick, easy and a low-fat source of vitamins, minerals and fiber. At home, offer 5 or 6 cereal choices. Let kids mix several kinds together.
- **Milk, yogurt or other dairy products**
- **Juice and one fresh, frozen, canned or dried fruit**—Whole fruits have extra fiber. Children eat more fruit if it's cut up. Try fruit kabobs. Serve fresh fruit with a yogurt dip.
- **One or more grain products**—Include whole-grain bread, bagels, rice cakes, tortillas, low-fat muffins and breads made with fruits, vegetables, nuts and seeds. Serve with jam, jelly, peanut or apple butter or light cream cheese.
- **"Daily specials"**—If you have extra time, try toaster waffles, pancakes or French toast, hot cereal, a homemade breakfast burrito, or egg dishes.
- **"Unbreakfast" foods**—Rice, tapioca or noodle pudding, peanut butter and jelly on a tortilla, cereal cookies, English muffin pizza, grilled cheese sandwich, baked potato, soup, fruit salad, or leftover chicken. It's not what you eat, but when you eat it that makes it breakfast!

REMEMBER – Breakfast provides another opportunity for you to role model healthy eating habits for your child. So set a good example by eating breakfast yourself!

Source: The American Dietetic Association's Child Nutrition and Health Campaign, 1996.
OCHD Nutrition Services Reviewed 2004



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