

# Why Breakfast?

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## Smart Reasons To Eat Breakfast ...

**Fuels the body with nutrients.** Your child may not make up nutrients missed at breakfast. You may not either.

**Provides food energy for the morning's active play.**

**Gets your child ready to learn** – at home, school, or day care. Kids learn better if they eat breakfast. If you eat breakfast, you may get more done in the morning, too.

**Helps keep a healthy body weight.** Breakfast helps control the urge to nibble or eat too big a lunch. Even with breakfast, young kids may need a small morning snack.

**Helps kids feel good.** Children may get morning tummy aches if they miss breakfast. These aches are usually hunger pangs.

**Tastes good!** Offer foods your child and family enjoy – even if they aren't common for breakfast.



## Smart Ways To Make Breakfast Successful!

Eat breakfast yourself. “Showing” teaches more than simply “telling.” Your child will follow what you do.

### Manage your early morning time.

- Start making breakfast the night before. You might mix the juice, slice fruit, or make hard-cooked eggs.
- Go to bed earlier, so you get up earlier.
- Stock your kitchen with quick-to-fix breakfast foods.

### Consider your child's needs.

- Offer two or three food choices. That helps your child feel in control of breakfast eating.
- Give your child time to wake up. Many kids aren't hungry right away. Rushing puts pressure on breakfast eating. Wake up earlier.
- Ask your child to help with breakfast – on a morning when you're not rushing. It can be a nice way to start your child's day. Yours, too!



Adapted from \_\_\_\_\_

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## Easy Ideas for Quick, Yummy Breakfasts!

If you don't have much time to make breakfast, try these easy ideas. Talk with your family. Add their ideas, too.

- Ready-to-eat cereal with milk and fruit
- Peanut butter on whole wheat toast



- Bagel with cheese
- Reheated rice, hard-cooked egg
- Grits topped with cheese



- Oatmeal with applesauce
- Pita bread and yogurt

- Toasted waffle topped with sliced fruit
- Rice and beans, with fruit
- Chicken noodle soup and fruit



- Your family's ideas:

**Drink milk, juice, or both  
with these easy breakfast foods!**



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