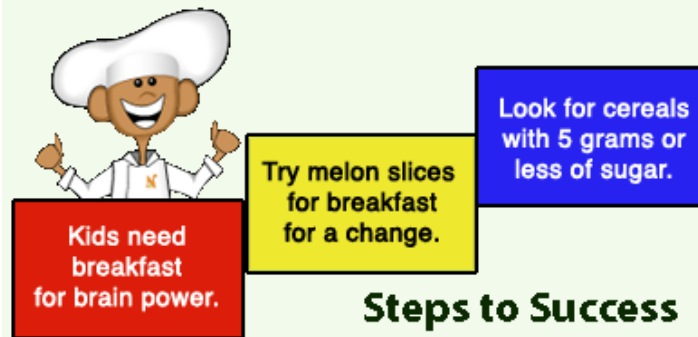


Healthy School Breakfast By Patricia O'Keefe Girbal • Registered Dietitian



Studies have shown that children who eat a healthy breakfast are able to concentrate and perform better in school. Parents and older siblings can act as healthy role models by eating breakfast with them. If time is a restraint, switch some of the morning chores to the night before to ensure there is enough time to eat breakfast.

Ideas for School Day Breakfast Time



Here are some healthy breakfast tips for your child:

- Make a parfait. Layer low fat yogurt with berries and top with granola.
- Pair whole-grain cereals, containing ≥ 5 grams of fiber and ≤ 10 grams of sugar, with low fat or fat free milk. Top with fresh or dried fruit.
- Have a special breakfast once a week featuring smoothies, pancakes, waffles, or omelets.
- For smoothies, blend low fat milk with frozen berries and a banana (or any fruit) and blend for 30 seconds.
- Serve unusual breakfast foods once in a while like last night's leftovers.
- Opt for a whole fruit instead of fruit juice (but always choose 100% fruit juice when splurging).