



## Breakfast: Ready, Set, Go!

Imagine you are a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets your body going and your “engine” revving so you can hit the road.

### Why is breakfast important?

Children who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat more healthfully. They are also less likely to be overweight, and have more strength and endurance, better concentration and problem solving ability. Breakfast provides energy and nutrients that every body needs every day. Breakfast is equally important for children as it is for adults.

Remember, the best way children learn is by example. The food habits that children develop are the ones they will take with them into adulthood. Let your children see and know that eating breakfast is important.

### Making time for breakfast

Some people skip breakfast because they sleep too late or because they think it’s a way to stay thin. Skipping breakfast doesn’t help maintain a healthy weight—in fact, someone who skips breakfast tends to eat more calories throughout the day.

### Fuel up with a healthy breakfast!

Just like with other meals, try to eat a variety of foods including whole grains, fruits, vegetables, and low fat protein and dairy foods.

Here are some easy and quick breakfast ideas:

- Yogurt with fruit
- Whole grain bagel, English muffin, or toast topped with peanut butter, lean ham, or melted cheese and a glass of milk or fruit juice
- Trail mix of nuts, dried fruits, pretzels, crackers, and dry cereal
- Single servings of whole-grain, low-sugar cereal with milk
- Sandwich (grilled cheese, peanut butter and jelly, or another favorite)
- Rice and tofu
- Muffins baked with lots of berries (Bake a batch and freeze them individually in sandwich bags. Microwave for one minute.)
- Macaroni and cheese
- Leftover soup
- Instant oatmeal or cream of wheat with chopped fruit, dried fruit, grated cheese or nuts
- Hard cooked eggs with toast and milk or juice
- Fruit-filled breakfast bar with yogurt
- Fruit smoothie (fruit and milk swirled in a blender)
- Fresh fruit (the original fast food)
- French toast, toasted waffles or pancakes topped with fruit and yogurt
- Breakfast taco (grated cheese on a tortilla, folded in half and microwaved, and topped with salsa)
- A slice of pizza and fruit juice
- Any breakfast is better than no breakfast—so eat something!

Visit our Nutrition Education for Wellness (NEW) website at [www.ctahr.hawaii.edu/NEW](http://www.ctahr.hawaii.edu/NEW)