

A GOOD START



Did you know that breakfast is the most important meal of the day? It provides the nutrients and energy you need to concentration in school. Research even shows that students who eat breakfast get better grades, pay more attention in class and behave better.



Make Time:

Set the alarm to allow 10-15 unhurried minutes for breakfast. Choose several healthy breakfast items. You can make plans in advance by making the decision the night before, to avoid the morning rush.

Make it Healthy:

Give yourself a mix of protein (such as milk, eggs, cheese, or meat) carbohydrates (whole-grain cereal, fruit, or whole wheat bread). The carbohydrates boost energy and help you jump-start your day., while the protein keeps your body going strong until lunchtime.

Make it kid Friendly:

These quick breakfasts are sure to bring a smile to any youngsters face:

Egg in a Basket- Cover a frying pan with no-fat cooking spray. Tear a hole in the center of a slice of bread, put the slice in the pan, and crack an egg into the hole. Cook two minutes, flip, and cook until the egg is set and lightly browned.

Waffle Wonder- Toast a frozen waffle. Put sliced strawberries around the edge and fill with a handful of blue berries. Serve with a side of cottage cheese or yogurt.