



Smart Start

Quick, easy, healthy breakfast ideas

It has been proven through research that breakfast is the most important meal of the day for growing children. Children who eat breakfast are more attentive in school and have dramatic improvements in behavior and grades. It has also been proven through research that eating breakfast helps with weight loss. Eating breakfast in the morning gives your metabolism a jump start to keep it going throughout the day. One of the key components to weight loss is to burn more calories than you are taking in. This is accomplished by many different factors the important one being "regulation/control" of metabolism. The first half to "controlling" your metabolism is eating regularly including 3 meals with 1 or 2 snacks during the day. Below is a list of quick, easy, healthy breakfast ideas.

- ✧ Ready-to-eat cereal with fruit and milk
- ✧ Toasted bagel w/ cheese or peanut butter (banana slices optional)
- ✧ Fruit-filled breakfast bar with yogurt
- ✧ Quaker® Breakfast cookie/bar or Oatmeal
- ✧ Toasted waffle/pancake topped with fruit, peanut butter, or yogurt
- ✧ Fruit smoothie (fruit and milk blended together)
- ✧ Whole-wheat toast with peanut butter
- ✧ English muffin with peanut butter, cheese, or fruit spread
- ✧ Muffin with fruit
- ✧ Scrambled eggs, whole-wheat toast, and/or fruit
- ✧ Breakfast parfait – Layers of cereal and/or granola, fruit and yogurt
- ✧ Fresh fruit with low-fat fruit dip or yogurt if desired
- ✧ Yogurt with granola if desired
- ✧ Apple or banana slices with peanut butter
- ✧ Leftovers from the previous night's dinner
- ✧ Tortilla roll-ups (Tortillas with fruit and/or yogurt or with eggs, cheese, and/or bell peppers)
- ✧ Cottage cheese with fruit if desired
- ✧ Breakfast Pizza

Encourage low-fat or skim milk as the first option for a beverage. You may serve chocolate milk made with Nestle Quik No Sugar Added Chocolate Powder. If serving Juice please use 100% juice and limit to no more than 1 cup. Other beverages include Crystal Light, Sugar-free Kool-aid, or Flavored/Plain water.

