



A Healthy Body Suits Me



Ready-to-Go Food Ideas for Breakfast

- Milk and bagel
- Leftover pizza
- Yogurt with fruit
- Fruit, canned or fresh
- Bread, muffins, or tortilla
- Hard-boiled egg and juice
- Juice: orange, apple, or grape

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Make Time for Breakfast


The night before

- Defrost frozen bread or muffin
- Pack books and homework
- Select what to wear and eat
- Make breakfast, store in fridge
- Go to bed earlier

In the morning

- Get up earlier
- Get ready faster
- Let older children help
- Dress while food warms


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Easy-to-Make Food Ideas for Breakfast

- Egg salad on toast
- Egg on corn tortilla, with cheese, potato or refried beans
- Scrambled-egg sandwich
- Cereal, hot or cold, with milk
- Peanut butter on toast or bagel
- Cheese on bread or tortilla


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Children Who Eat Breakfast Are More Likely to:

- do better in school
- keep a healthier weight
- get more iron daily
- behave better
- feel better


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Parents Who Eat Breakfast Are Likely to:

- work better
- eat without overeating
- stay at a healthier weight
- make good role models
- feel better and be more patient

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Make Time for Breakfast

At school

- Enroll in the school breakfast program
- Eat on the way to school

At work

- Keep breakfast food at work

On the weekend

- Plan breakfasts for next week
- Buy breakfast foods, ingredients
- Make muffins, banana bread; slice into servings and freeze
- Teach children how to help