



Eat Smart.  
Play Hard.™

## Why Breakfast?

- ▶ Kids do better in school and are more alert when they eat breakfast.
- ▶ It lets kids be more creative and perform better with increased attention span and memory.
- ▶ Kids feel good and complain less of headaches and stomach aches from being hungry.
- ▶ Kids who eat breakfast miss fewer days and are late less often.
- ▶ It improves kids' behavior and attitude.
- ▶ Breakfast provides nutrients kids need to grow and develop.



## Power BREAKFAST Ideas

### Rice Pudding

Mix leftover rice, low-fat yogurt, dried fruit, nuts, and cinnamon.

### Pita Pizza

Fill pita bread with your favorite low-fat cheese, cooked lean meat, and vegetables. Heat in microwave.

### Egg Burrito

Fill a soft flour tortilla with scrambled eggs, boiled potato, refried beans, or salsa.

### Waffles, Pancakes, French Toast

Try ready-made items that can be toasted or microwaved.

### Sandwich Roll-up

Try peanut butter and banana or jelly on a flour tortilla.

### Fruit Salad

Mix fruit with low-fat yogurt or cottage cheese.

### Hot Fruit

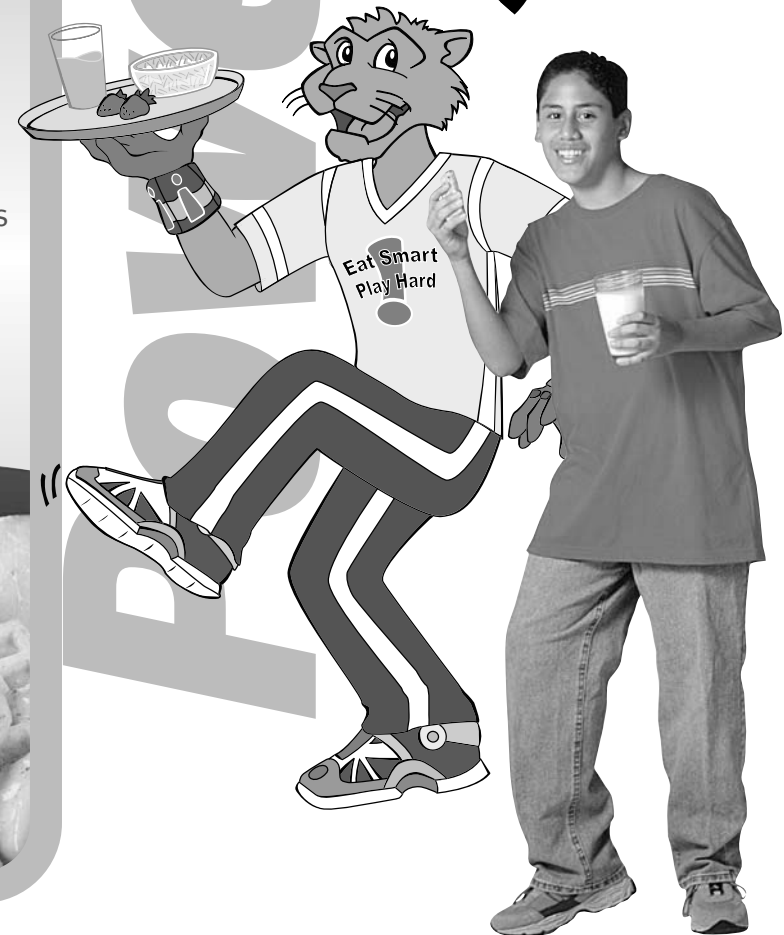
Top canned or fresh fruit with brown sugar and nuts. Heat in oven or microwave.

### Hot Cereal

Use quick-cooking oats and add dried or fresh fruit, nuts, and brown sugar, or add low-fat cheese or soft margarine to grits instead of butter.



## Power Up With Breakfast



# Power Up with Breakfast



Breakfast gives you energy to grow, go, and glow.

A healthy breakfast is important for everyone, especially for growing children. Eat breakfast with kids to start a lifelong healthy habit.

## No time for breakfast?

Pack it to go or let kids take part in the School Breakfast Program.



## BREAKFAST Gives a Head Start To Your Day!

**Plan**—To set out bowls and cereals the night before to make the morning meal quick and easy. Keep sliced fruit or hard-cooked eggs in the refrigerator.

**Prepare**—To feed kids on the go. Keep 100% juice, dried or fresh fruit, low-fat yogurt, bagels, or breakfast bars handy. Kids can grab these as they rush out the door.

**Dare**—Kids to try something different like a burrito or other leftovers, such as a stuffed baked potato or pizza.

**Change the pace**—Have a breakfast picnic on the weekend. Celebrate a special occasion with breakfast instead of dinner. Eat breakfast with your kids.

Make breakfast a habit!



## Start the Day Right With BREAKFAST!

### BE A ROLE MODEL!

**You** play an important role in making sure that you and your kids eat a healthy breakfast every day.

List some foods that you and your family will try for breakfast.

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