Breakfast at Home

We’ve all heard that breakfast is the most important meal of the day. Moms have been saying this for generations. Research shows that they were right. Kids who eat breakfast tend to do better at school. Adults do better at work when they eat breakfast. Eating breakfast may lead to healthier body weights and lower cholesterol levels.

Plan

- Plan a power breakfast that will rev-up your family for a busy day. For most people, time is the number one reason they don’t eat in the morning. Here are three good tips for beating the breakfast rush hour.
  - Get ready the night before. Set the table with bowls and spoons for cereal. Get out a pan for pancakes or a blender for smoothies. Slice up some fruit and cheese.
  - Keep it simple. Fancy breakfasts are great when you have the time. On busy days, opt for a sandwich, a slice of leftover pizza or a yogurt with fruit.
  - Pack it to-go. If there’s no time to eat at home, take your nutrition to-go. Pack a brown bag breakfast for the road. Or, see if your school offers a breakfast program.

Eat

- **Grains**: Give your body and brain energy for a busy day. Think cereal (hot or cold), bread, muffins, rolls, tortillas or even leftover pasta. Choose whole grains for an extra nutrition punch. They’ll give you more fiber and nutrients.
- **Protein**: This is the missing link in most morning meals. Protein keeps us going strong until lunch. Think lean. Try a slice of Canadian bacon, leftover meat or cheese, an egg, a container of yogurt, a scoop of cottage cheese, or a handful of nuts. And don’t forget about 1% milk on your cereal.
- **Fruit**: Your body needs five to nine servings of fruits and vegetables every day for the best health. Breakfast is a great time to start. Think fresh, frozen, canned or dried fruit. Try adding apples, avocados, bananas, berries, grapefruit, kiwi, mangoes, oranges, pears or pineapple to your morning meal.

Enjoy

- Skipping breakfast is a no-brainer. Skip breakfast and your brain and body suffer all day. Eating well in the morning sets you up for a high-energy day. So give kids what they need – a power breakfast every day.