

# Make Breakfast Count!

Get on the right track. Start the day with a healthy breakfast.

Kids who eat breakfast are generally healthier and perform better than kids who don't eat breakfast.

## WAYS TO ENCOURAGE CHILDREN TO EAT BREAKFAST:

- **Give them control.** Offer a variety of choices throughout the week.
- **Give them a little time.** Children may not want to eat right when they wake up. Try again in 30 minutes.
- **Let them help.** Allow them to measure, mix and pour.



## BREAKFAST ON THE GO!

- **Yogurt Parfait.** Add whole grain cereal and fresh fruit to yogurt.
- **Fruit Roll-Up.** Spread cream cheese over a whole grain tortilla. Add sliced fruit and roll tight.
- **Banana Dog.** Spread a whole wheat hot dog bun with peanut butter or cream cheese. Add a banana.
- **Fruit Smoothies.** Blend frozen fruit with low-fat or fat-free milk or yogurt.
- **Grab and Go!** Keep fresh fruit, whole grain cereals, granola bars and whole grain cereal bars on hand. Add a cup of low-fat or fat-free milk.