

## **TWO BREAKFAST FOODS YOUR CHILDREN SHOULD EAT...( AND PROBABLY AREN'T!)**

**What do you feed your students for breakfast? The most common response from parents is “something quick and easy” – and “something with protein. Good answers. Protein is an important part of a healthy breakfast- protein sticks with you to keep hunger at bay until lunch. A little protein at breakfast in the form of milk, yogurt, an egg or peanut butter, for example, is a great idea, but you don’t need to stress over it. Did you know children tend to make up for any protein they didn’t get at breakfast during our lunch and dinner? They do!**

**What you really need to focus on your children eating at breakfast are the two food groups most adults don’t eat enough of also:**

### **1. *VEGETABLES AND FRUITS:***

**Veggies and fruits are packed with essential vitamins and minerals (especially the vibrant colored ones), as well as fiber, which will help kiddos feel full until lunch. It is easier than you think to include vegetables in breakfast- add blue berries or strawberries to cold cereal, cook raisins or rhubarb into oatmeal, put a tomato or cucumber slice on a bagel or add a lettuce or spinach leaf to an egg sandwich!**

### **2. *WHOLE GRAINS***

**Try whole wheat toast and bagels. Oatmeal or whole grain cereals are good. Stay away from “white” carbs such as white toast, pancakes and muffins made from “all-purpose” flour. Whole grains help kids concentrate and pay attention.**