

Breakfast

Tips for a Smart Start

- ◆ Be ready; plan and prepare breakfast the night before to save time in the morning.
- ◆ Be an example; eat breakfast yourself to increase the chances of children growing up to be breakfast eaters.
- ◆ Be healthy; always make it a goal to have at least three food groups at breakfast.
- ◆ Be flexible; breakfast can be a sandwich with milk or soup with cheese and crackers; there are no rules for what counts as breakfast food.
- ◆ Be creative; add leftover vegetables to scrambled eggs, fruit to cereal, or cook oatmeal with apple juice and top with nuts.
- ◆ Be adventurous; if time allows, have children practice fine motor

skills by pouring liquids from small pitchers or mixing ingredients together.



Photograph by Jan Skell



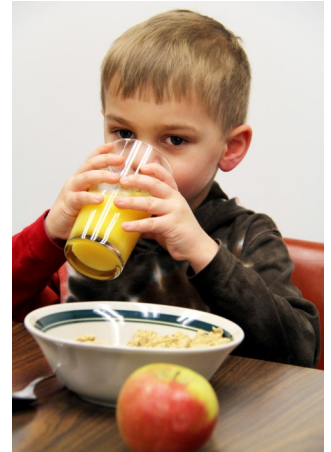
Photograph by Paula Cartwright

Breakfast: Why does it matter?

Preschoolers have an especially high level of energy and are growing and changing at a fast pace. Starting healthy eating habits, such as eating breakfast, is important to maintain their growth and activity levels.

Eating breakfast regularly:

- Prepares a child for learning.
- Improves behavior and attention.
- Improves diet quality.
- Decreases the risk of being overweight.



Photograph by Paula Cartwright

Building Blocks of a Healthy Breakfast

Fruits and Vegetables provide important vitamins and minerals.

- ⇒ Canned fruits in their own juice
- ⇒ Unsweetened applesauce
- ⇒ 100% fruit and vegetable juice
- ⇒ Fresh or frozen fruits
- ⇒ Sliced vegetables

Lean Proteins, such as meats, nuts and dairy, provide healthy fats and nutrients like vitamin D and calcium.

- ⇒ Peanut or almond butter
- ⇒ Low fat yogurt, milk & cheese
- ⇒ Eggs
- ⇒ Beans

Whole Grains provide children with fiber so they feel full longer. Whole grains also help keep kids hearts healthy.

- ⇒ Whole-wheat toast
- ⇒ Oatmeal
- ⇒ Whole-wheat creamy style hot cereal
- ⇒ Whole-grain cold cereals
- ⇒ Cornbread
- ⇒ Brown rice
- ⇒ Whole-wheat muffins
- ⇒ Granola bars
- ⇒ Whole-grain pancakes
- ⇒ Whole-grain tortillas

UW-Extension Family Living Programs

"Raising Kids, Eating Right, Spending Smart, Living Well"



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