Get a Smart Start

Beginning each day with a healthy breakfast—one that includes fruits and vegetables—**helps your child learn better in school.**

BENEFITS OF A HEALTHY BREAKFAST:

- *Can boost academic performance by improving attention span and memory.*
- *Can decrease school absences by improving health.*
- *Helps both kids and adults maintain a healthy weight.*

SWEET & SIMPLE TIPS

- Fruit and cereal are quick, easy breakfast options. Keep fruit on the table or counter in your home for easy access.
- Add fruit, nuts, or whole-grain cereal to low-fat yogurt.
- Try 100% whole-grain toast with peanut butter and banana slices.
- For a healthy, ready-to-go breakfast in the morning, blend a yummy smoothie using colorful fruits and veggies the night before. Use water as the base or thicken with low-fat milk or yogurt.
- Check out the Rainbow Omelet recipe in the back of this handbook for a tasty breakfast idea.

ENJOY A **3-STAR** BREAKFAST!

Your child should eat at least 3 foods from the 5 food groups for breakfast each morning, and at least one should be a fruit or vegetable. **The 5 food groups are:**

vegetables, fruit, whole grains, protein, and dairy.

Many breakfast cereals are WHOA **FOODS**. *Reading the Nutrition Facts label will help you choose a* GO **CEREAL**. *Follow these tips to find whole-grain, low-sugar varieties:*

SERVING SIZE: THIS IS THE AMOUNT FOR ONE ADULT PORTION (YOUR CHILD NEEDS A SMALLER PORTION)

DIETARY FIBER: AT LEAST 3 GRAMS PER SERVING

SUGAR: LESS THAN 3 GRAMS PER SERVING

INGREDIENTS LIST: "WHOLE GRAIN" OR "WHOLE WHEAT" SHOULD BE LISTED AS THE FIRST INGREDIENT

MIGHTIER MORNINGS

- Choose low-fat dairy products, like skim milk or yogurt.
- Avoid meats that are high in fat, like bacon and sausage.
- Avoid pastries like doughnuts, cinnamon rolls, and Pop-Tarts® that are high in sugar and fat.
- Check the sugar content. Even granola bars and breakfast drinks can be WHOA foods.