

Smart Choices



A Community Nutrition Education Program of
the LSU AgCenter for Grades 5 - 8

Breakfast: Always a Smart Start!



Did you know

that poor eating habits may contribute to childhood and adult overweight?

Did you know

that people who eat breakfast are leaner than those that do not?

- Research shows that children who eat breakfast do better in school and don't get tired so easily. This is also true for adults.
- A healthy breakfast gives you the energy you need to get through the morning without being hungry or tired.
- With the rush to get to school and work, sometimes we do without breakfast. You need breakfast after a long night.
- Children need enough food to grow, but too many calories and too little physical activity lead to overweight.
- Many teenage girls skip breakfast because they want to lose weight.
- It is critical to know what "healthy weight" is and how to achieve it without starving. Ask your school nurse, a 4-H agent or your teacher about healthy weight recommendations for children.



Eating breakfast is the best way to start a day, so never skip breakfast.

Common breakfast foods are fruits, ready-to-eat cereal, milk, bagels, French toast, eggs and bacon. Not all these choices are healthy choices if eaten every day. **The key is variety and portion control.** A healthy breakfast should be high in fiber, carbohydrates, vitamin C and calcium. These tips may help you add breakfast to your daily activity list:

- If you plan to have breakfast at home, wake up early enough so you won't have to rush through breakfast. Choose from healthy choices. If there is really no time to sit down and eat, pack the breakfast and eat it on the way to school. Healthy choices include low-fat yogurt, fruit, granola bar, bagel with low-fat cream cheese and orange juice.
- If you eat breakfast at school, make sure you know what is offered. To get the necessary nutrients every day, balance other meals with the school breakfast. You cannot control what the choices are at school. Aim for a balanced diet.

**Remember,
mornings should
always
begin with
breakfast!**



**For kids
only**

Take time to wake up your brain!

Did you know that kids who eat breakfast do better in school? Breakfast feeds both your body and your mind. If you are too busy to eat a healthy breakfast, try one of these ideas:

- Eat breakfast at school.
- Get up 15 minutes earlier and prepare your own breakfast.
- Pack your breakfast in a bag and eat it on the bus.



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