

Healthy Students = Better Learners

Nutrition Basics for the School Year

Breakfast is Important!

Children who fuel up in the morning focus and concentrate better in the classroom and perform better on math, reading and standardized tests. They also have better school attendance, are more emotionally healthy and stay at a healthy weight, because they are less likely to snack on sugary or fatty foods.

Vegetables and fruit → The largest part of the rainbow, which means we need the most of these in the day.

Family challenge: Include fruit with your breakfast everyday!

Grain products → The food group that provides us with energy to learn and play outside!

Family challenge: Try to make ½ of your grain choices whole grains.

Milk and alternatives → The food group that helps us grow strong bones and muscles.

Family challenge: Choose lower fat milk products or fortified soya beverages.

Meat and alternatives → The food group that helps us grow, repair and rebuild muscles.

Family challenge: When possible, add a rich source of protein to your breakfast such as eggs, nuts, nut butter, sunflower seeds, pumpkin seeds or beans.



Healthy Eating Tips

- 1 Choose **vegetables** and **fruit** prepared with little or no added fat, sugar and salt.
- 2 Choose **grain products** higher in fibre and lower in fat, sugar and salt.
- 3 Choose lower fat **milk** and **alternatives**.
- 4 Choose lean **meat** and **alternatives**.

What is a healthy breakfast?

A healthy breakfast includes at least 3 of the 4 foods groups, and is made up of carbohydrates, protein and fat that will keep the energy levels steady all morning!

Support your child, eat breakfast together! Having breakfast with your child can help start a lifelong healthy habit.

Teach your Kids how to Build a Balanced Breakfast

Here are some ideas ..

- Your child chooses a whole grain cereal, add some milk and fruit such as berries or a banana.
- Your child loves toast, have whole grain bread, add peanut butter or nut butter, a yogurt and a piece of fruit.
- Your child wants eggs, beat them up and add some cheese, a piece of bagel or English muffin and a piece of fruit or some vegetables.
- Your child wants yesterday's supper leftovers, no problem, add some food to make it up to at least 3 of the 4 food groups.

Quick Breakfast you can prepare the night before!



Apple Blueberry Smoothie

Ingredients:

½ cup plain yogurt (1% M.F.)
1 ripe banana
1 apple, cored, peeled and chopped
½ cup fresh or frozen blueberries
¼ cup 100% orange juice

Directions:

Place yogurt, banana, apple and orange juice in blender. Cover and puree until smooth.

Makes 2 servings.

**Serve with a piece of toast, bagel, English muffin or with a homemade bran muffin to balance the breakfast.

Tips to Save Time

A Little Planning = Healthy Eating and Less Stress!

To beat the morning rush, a little planning can go a long way! It makes healthy eating in the morning easy, delicious and will give your child the needed fuel to start the day.

- Get your child to set the table for breakfast the night before.
- Keep a bowl of fresh fruit on the counter and whole grain breads and cereals easy for children to reach.
- Keep milk and pure juice in containers that are easy to pour.
- Make ahead and freeze;
 - French toast – use whole grain bread and make several slices. Freeze them and reheat it when you need it. Spread applesauce, or top with yogurt, berries or canned peaches.
 - Pancakes – Serve with fresh or frozen berries.
 - Breakfast burritos – wrap scrambled eggs in a whole grain tortilla with shredded cheese and diced tomatoes (without the juice). Wrap and freeze.