

Breakfast: Why it's important

Breakfast has been shown to be essential to setting kids up for a great day. Children who eat breakfast are able to focus on learning not their rumbling stomachs. Kids who eat breakfast are known to have better self-esteem, healthier weights and more positive interactions with peers and teachers. Simply put “*Good food = Good thinking*”.

What does a well balanced breakfast look like?

Try to include 3 of the 4 food groups in Canadas Food Guide when eating breakfast. This includes: vegetables or fruit, whole grain, meat or alternative and milk or alternative. Breakfast is also a great opportunity to get a dose of fiber found in whole grains and whole fruits and vegetables.

Swap juice for whole fruit

Eating a piece of whole fruit is just as satisfying and convenient as juice with bonus health benefits! Whole fruit packs a punch with tons of vitamins and minerals, fiber and less of the easily absorbed sugar that juice contains.

Beating the AM time crunch

Planning ahead will help keep mornings on track.

- Make sure that school work and school bags are ready to go the night before
- Have the kids set the table for breakfast after supper
- Make breakfast the night before (Try the recipe below!)
- Keep breakfast items in kid-friendly containers so they can help themselves
- Keep quick and easy options on hand: individual yogurts, fruit, cheese, whole grain dry cereals
- Know what your school offers for a breakfast program

Overnight Apple Pie Oatmeal

Ingredients

¾ cup Plain 1% yogurt
¼ cup Milk
1 tsp pure maple syrup
½ tsp Vanilla

¼ tsp Ground cinnamon
1 Apple, cored and finely diced
½ cup large flake oats

Directions

1. In a bowl, whisk together yogurt, milk, maple syrup, vanilla and cinnamon.
2. Stir in apple and oats until well combined.
3. Cover and refrigerate overnight.

Recipe provided by UnlockFood.ca

Resources used:

www.DietitiansOfCanada.ca

www.UnlockFood.ca

www.NourishNS.ca

Nourishing Minds NB