

BREAKFAST IS STILL THE MOST IMPORTANT MEAL OF THE DAY!

Breakfast boosts brainpower. Children who eat breakfast do better on math and reading tests. Overall, kids who eat breakfast eat better. They eat more servings of grains, vegetables and fruit and milk. They get more of the nutrients they need every day.

The brain uses carbohydrate as its main source of energy. The body's carbohydrate stores are low after a night's sleep. Include carbohydrate-rich grains, vegetables and fruit at breakfast to provide fuel for the brain so your child can do his or her best at school.

A balanced morning meal includes at least one serving of:

- ◆ Whole grain products
- ◆ Vegetables and fruit
- ◆ Milk and Alternatives or Meat and Alternatives

Examples of healthy breakfasts:

- ◆ A bowl of whole grain cereal with milk or a milk alternative and fruit
- ◆ A fruit yogurt shake and a small muffin
- ◆ Cereal bar, milk or fortified soy beverage and a piece of fruit
- ◆ A slice of cold pizza and a small glass of juice
- ◆ Banana dog: a hot dog bun spread with peanut butter and a banana inside

They say one should breakfast like a king, lunch like a duke and dine like a pauper. So start the day like a king and fuel the brain!

For more information contact:

- ◆ HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or www.healthlinkbc.ca/dietitian/
- ◆ www.dietitians.ca/eatwell