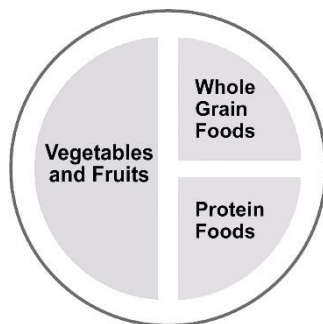


Wake Up to Breakfast Every Day

There are many good reasons to start the day with a healthy breakfast:

- It can help you and your family have more energy for school, work, and play.
- It may help you and your family stay at a healthy body weight, which can lower your risk of developing chronic diseases.
- People who skip breakfast often have low intakes of calcium, iron, and fibre. These are nutrients for growth and health.
- Eating breakfast may improve memory, focus and readiness to learn.

Breakfast can be simple and still meet your nutrition needs. Use the Eat Well Plate from Canada's Food Guide.



Eat together!

Parents and caregivers are role models for children. A family meal doesn't have to be supper. Breakfast can be a good chance to share a healthy meal. Eating together can help kids:

- explore new healthy foods
- establish healthy eating routines
- improve their overall eating pattern
- explore cultural and traditional foods



Great breakfast ideas

Try to prepare breakfast or set the breakfast table the night before to save time in the morning. Here are some quick breakfast ideas:

- whole grain hot or cold cereal with fruit and low fat milk (skim, 1% or 2%)



- whole grain toast, bagel, or English muffin topped with peanut butter and sliced banana



- whole grain waffle or pancake topped with fruit and low fat yogurt (fat free, 1% or 2% milk fat or M.F.)
- small oatmeal muffin, low fat yogurt, and an orange
- whole grain crackers, lower fat cheese (less than 20% M.F.), and an apple
- unsalted nuts, mixed with dry whole grain cereal and a piece of fruit



- leftovers: homemade pizza, soup, pasta, or casserole
- whole grain toast and a smoothie

Need some more great breakfast ideas?

- Scramble eggs with vegetables and cook in the microwave for 1–1½ minutes.
- Top a small whole grain tortilla with scrambled eggs, and lower fat cheese.
- Stuff a whole grain pita with cottage cheese and chopped fruit. Or try tuna, chopped tomatoes, and lettuce.



- Toast a small whole grain bagel and top with ham and sliced tomato.
- Spread peanut butter on a whole grain tortilla and roll it up with a banana.
- Microwave oatmeal and milk, or congee, or polenta. Mix in peanut butter and cinnamon. Top with raisins or chopped dates.
- Have sardines or baked beans on whole grain toast with a glass of milk or fortified soy beverage.
- Mix canned peaches or frozen berries with low fat yogurt. Top with whole grain cereal.



Not a breakfast eater?

If you are not used to eating early in the morning, try waiting an hour before you eat. Or try having 1 or 2 of the foods below:

- piece of fruit
- hardboiled egg
- half a whole grain bagel with cheese or nut butter
- small bran muffin
- lower fat cheese
- individual box of whole grain cereal
- low fat milk or fortified soy beverage
- low fat yogurt
- unsweetened applesauce
- toasted whole grain English muffin
- unsalted nuts
- fruit and nut bar

If you don't eat much for breakfast, add healthy foods as a morning snack. You may be able to eat more at a later time.

Breakfast Tip:

Look for cereals and grains with more than 2 grams of fibre per serving listed on the label.

