

Lunch at the Library's HEALTH TIP OF THE WEEK



This healthy tip of the week was adapted from "KidsHealth from Nemours," kidshealth.org/en/parents/strong-bones.html. For more tips, visit kernlibrary.org or kidshealth.org.

Breakfast

"Eat your breakfast. It's the most important meal of the day!" Why are parents always saying that? Well, imagine you're a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

What Should I Eat?

Just like with other meals, try to eat a variety of foods, including:

- fruit
- vegetables
- grains (make at least half your grains whole grains)
- protein (meat, poultry, fish, eggs, dry beans, nuts, and seeds)
- dairy products (low-fat or fat-free milk, cheese, and yogurt)

Skipping Breakfast

Some kids skip breakfast because they sleep too late or because they think it's a way to stay thin. But people who skip breakfast tend to eat more calories throughout the day.

If you find yourself skipping breakfast because you're too rushed, **try these quick breakfasts**. They're easy to grab on the way out the door or get ready the night before: single servings of whole-grain, low-sugar cereal, yogurt, fresh fruit, whole-grain muffin, or trail mix

What Else Should I Know?

Just in case you need more evidence that eating breakfast is the way to go, kids who don't eat breakfast are less able to learn at school, get less iron (an important nutrient) in their diets, and are more likely to have a higher body mass index (BMI), which is a sign they may be overweight. On the other hand, kids who eat breakfast do better in school, are more likely to participate in physical activities, and eat healthier overall. So tomorrow morning, don't run out the door on an empty stomach. Fuel up with a healthy breakfast!



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