

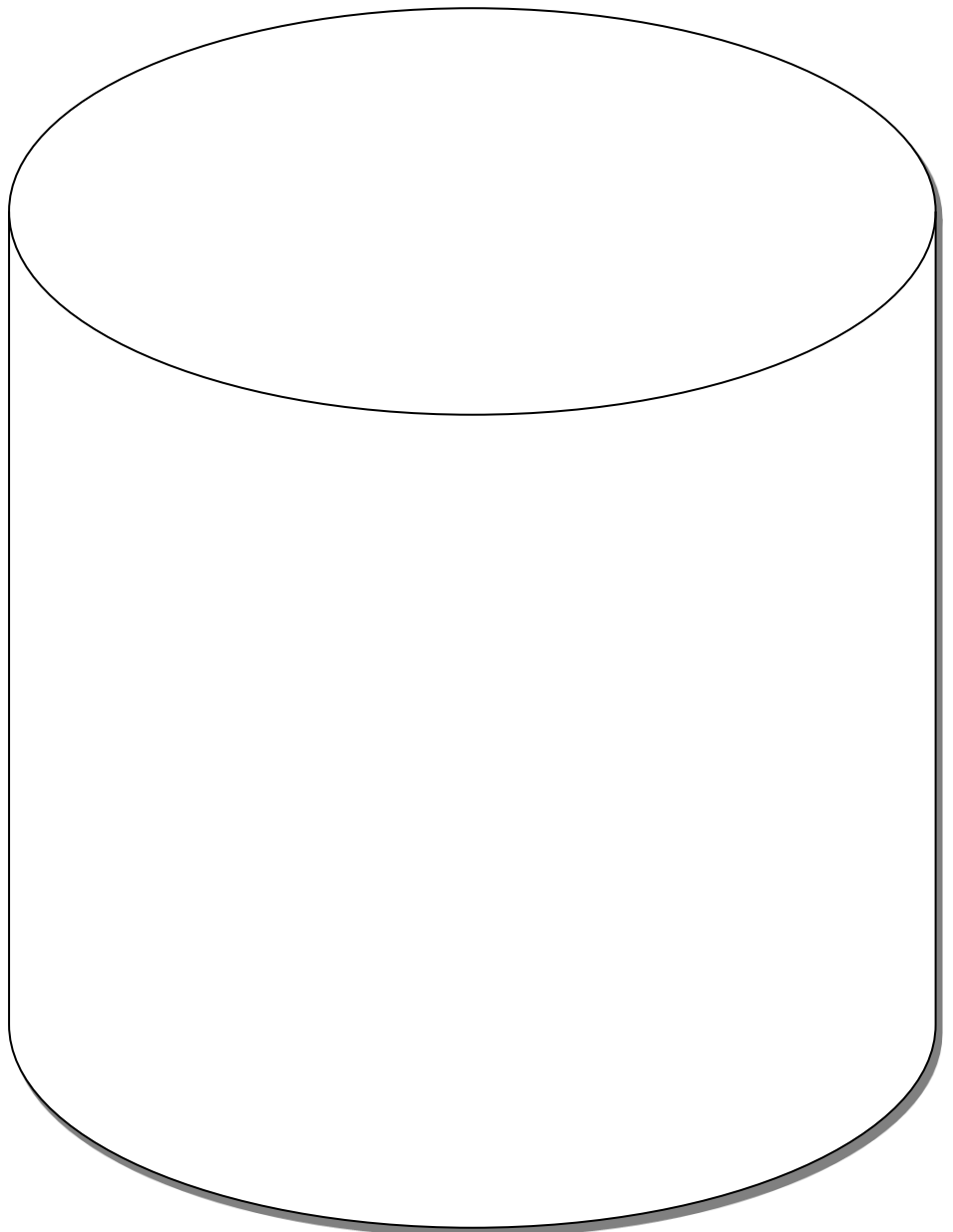


Academy of Nutrition and Dietetics  
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**Healthy Breakfast.  
Everywhere You Go.**

## **Breakfast Parfait My Way!**

Use the parfait cup below to draw and color the foods that you would put into your breakfast parfait. You could add your favorite type of low-fat yogurt, your favorite fruits, and even whole-grain cereal. Be creative and come up with foods that you would choose to start your day right with breakfast!



# Hey Parents!

## Did you know...?

- Breakfast is the meal most often skipped by children.
- Many children have access to a healthy breakfast at school and don't take advantage of it. Many children may be eligible for free or reduced-price breakfasts.
- The School Breakfast Program provides children with needed energy and nutrients (e.g. protein, calcium, vitamin A, vitamin C) to start their day out right.

## Children need to eat breakfast every day.

- Eating a healthy breakfast every day improves learning and behavior in school.
- Breakfast provides key nutrients for children to grow and develop.
- Children who eat breakfast are less likely to be overweight.
- ***P.S. YOU need to eat breakfast, too!***

## Breakfast ideas -- Put it all out on the table!

- Fruit and yogurt parfaits: combine low-fat yogurt, fruit of choice and whole grain cereal for a hearty meal to start the day.
- Cereal and milk: whole grain cereal and low-fat milk is a quick and easy way to give you and your kids fuel in the morning.
- Breakfast burritos: wrap up scrambled eggs with cheese, beans and salsa in a tortilla shell or try a peanut butter and banana burrito.
- Oatmeal with toppings: cook some oatmeal and allow your child to add toppings like fruit, dried fruit, or nuts
- Waffles: buy prepared whole-grain waffles and top them with fruit or nut butter spreads or eat them plain on the go.
- Leftovers for breakfast: if your child is not a traditional breakfast eater, let him eat leftovers from the night before like pasta, pizza or rice and beans.

Get great ideas through tips, articles and recipes from [www.kidseatright.org](http://www.kidseatright.org)!



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