

# THE IMPORTANCE OF A HEALTHY BREAKFAST FOR CHILDREN

## Why Bother With Breakfast?

Kids who eat breakfast tend to eat healthier and participate in more physical activities throughout the day, which helps them maintain a healthy weight. Skipping breakfast can make kids feel tired and irritable, as their bodies haven't refueled, after going without food for the whole night.

## Making Breakfast Happen

Try these suggestions to ensure that your kids get a healthy breakfast even if you're in a rush.

- Stock your kitchen with healthy breakfast options like displaying apples, bananas & other fresh fruits on kitchen counter and keeping cheese slices & low-fat dairy varieties in your refrigerator etc.
- Prepare as much as you can the night before
- Get everyone up 10 minutes earlier
- Pack a breakfast that they can eat a little later on the bus or between classes if they aren't immediately hungry e.g. a hard-boiled egg, a small boiled corn on cob, a cheese sandwich, home-made chicken nuggets etc.

Try to serve a balanced breakfast that includes some carbohydrates, protein, and fiber. Good sources of these nutrients include:

- Carbohydrates: Whole-grain breads, Corn-flakes, Paratha, Corn
- Protein: Dairy products, eggs and nuts
- Fiber: Whole-grain breads, cereals, oats, fresh fruits and vegetables