

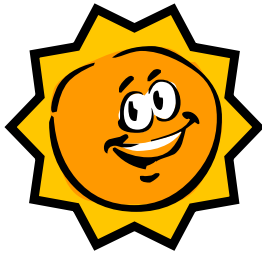
“Will breakfast help my kids do better at school?”

Breakfast GO POWER

Get healthy balance with breakfast GO POWER. It gives kids fuel to learn, grow, and go!

WOW! Eating breakfast helps kids do better at school.

A Healthy Start...



Begins with YOU! Join your kids for breakfast to role model healthy habits. If breakfast is a new habit, start small with toast or a glass of low-fat milk. As breakfast becomes a daily habit, add other foods one-at-a-time until breakfast is a full meal.

Create Your Own Fit & Fun Family Plan

Kids are more likely to eat breakfast if they help plan what to eat. Get the whole family involved with a *Breakfast GO POWER* grocery-shopping trip.

Quick Breakfast GO POWER Ideas

- Macaroni and cheese—green pepper slices—sliced pears—low-fat milk
- Cold cereal—banana—low-fat milk
- Low-fat cheese sandwich—tomato slices—low-fat milk

Finding time!

- Plan “make ahead” breakfast menus. *Leftovers from the night before are the ultimate “make ahead.” A bowl of spaghetti or a rice and bean burrito is yummy.*
- Have fun being creative with “to-go” breakfast ideas. *To start you thinking, how about tortilla “wraps” with a slice of low-fat cheese and thinly sliced apples or peanut butter and banana slices?*
- Make time to talk about healthy breakfast ideas while grocery shopping.
- Teach kids the kitchen skills needed to prepare breakfast.

What is a balanced breakfast meal?

A combination of choices from at least 3 food groups. Check out these GO POWER ideas:

Dairy

low-fat milk
low-fat cheese
yogurt

Meat/Substitute

beans
peanut butter
eggs

Fruit

banana
orange wedges
berries

Vegetable

fresh salsa
tomato slices
potatoes

Grain

tortilla
rice
bagel

Family Talk

Write favorite family GO POWER breakfast ideas of your own below.

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Quick Idea: Breakfast Smoothie



- ½ banana, sliced
- ½ cup low-fat milk
- ½ cup low-fat yogurt

Blend and Enjoy!

GO POWER with Breakfast helps you WIN more BRAIN POWER and ENERGY for ACTIVE PLAY through the day.

Brought to you by:



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Resources

Kids Nutrition Organization,
 Baylor University
www.kidsnutrition.org
 Breakfast information:
www.kidsnutrition.org/consumer/archives/factsanswers.html#breakfast

Kids Health Organization,
www.kidshealth.org
 Breakfast ideas and tips:
kidshealth.org/kid/stay_healthy/food/breakfast.html

Fit & Fun Family Goals

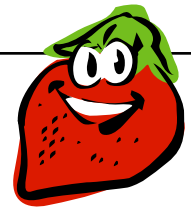
Meet the *Breakfast GO POWER* Challenge!

Our family will eat breakfast ____ or more days a week for the next month. *Note: If you aren't eating breakfast at all, 2 or more days a week might be a good start!*

Write your menu ideas for eating breakfast here, and post this page on your refrigerator!

A Yummy Breakfast Idea!

Pop frozen waffles in the toaster; then top with chopped fruit and a spoonful of yogurt.



It's fun and easy to keep track of your progress.

Use the table below to place a checkmark for every day you eat breakfast.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1							
Week 2							
Week 3							
Week 4							

Are there other *Breakfast GO POWER* goals you'd like to set?

Check one or more of the following *Breakfast GO POWER* healthy habits and start today.

As a family we will:

- Talk about how eating breakfast gives us energy for brain and GO POWER.
- Grocery shop together for easy-to-fix items.
- Other? Write your own idea for a goal here _____