

Health Fits into Every DAY

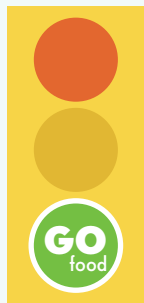
It's important for your kids to eat a **healthy breakfast** every day

Kids who eat a healthy breakfast **every day** are more attentive and less disruptive in the morning, as well as have more energy to **play and learn**.



Serve breakfast **every day**. Kids should never skip **breakfast**. Not eating breakfast is like starting a car trip with an empty gas tank.

Eat more **GO** foods than **SLOW** foods every day and **WHOA** foods only every once in awhile! The most healthful breakfasts, GO breakfasts, are made up of mostly GO foods.



GO foods are "whole foods" or those that are the least processed, lowest in salt and/or added sugars.



SLOW foods are between GO and WHOA foods.



WHOA foods are the most processed and are highest in unhealthy fats, added sugars, and/or salt.

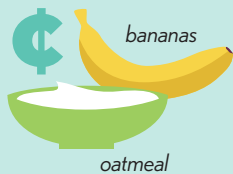
Breakfast shouldn't have a lot of sugar, but many packaged breakfast foods—sugary cereal, some yogurts, toaster pastries—can be loaded with it.

Avoid foods with added sugar or adding sugar to foods like cereal and oatmeal. Sugary or caffeinated drinks are not part of a healthy breakfast for kids.



SUGGESTIONS

Healthy breakfast foods are economical.



Show what a good **breakfast pattern** looks like. The foods within the pattern can **change** for variety!



Eating a healthy breakfast at home can be **quick** and fit into a busy day.

Breakfast at restaurants have more calories, fat, sodium, and fewer fruits and veggies. Try eating at **home!**



Schools should make breakfast an available and attractive choice by:

- Offering a healthy breakfast for your students
- Providing an alternative place to get a healthy breakfast
- Support parents and encourage kids to eat a healthy breakfast at home or at school – but not both

Kids may resist at first, but be persistent!

Eat a healthy **breakfast** at home with your kids to ensure the **entire** family is starting the day right!

You are their best role model!



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