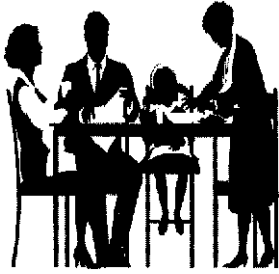


# Parents... Be Your Child's Partner in Breakfast!



Every parent wants to see their child grow strong and healthy, but this can only be accomplished with good nutrition. Research continues to support the fact that nutrition is an important component of your child's health and children who eat breakfast are more ready to learn.

## DID YOU KNOW:

- ◆ Breakfast is the most important meal of the day.
- ◆ Children tend to copy eating habits of other family members, so your modeling of positive food choices is important.
- ◆ Any child who skips or does not have access to breakfast can suffer learning and health problems.
- ◆ Attention, attendance and achievement improve with breakfast.
- ◆ Well nourished children have less behavior problems.

## SOME HELPFUL TIPS:

1. Help your children build the strongest, best functioning bodies possible by providing meals using the five food groups in the pyramid.
2. Are your children eating a variety of foods from all the food groups? Yes No
3. Are all members of your family eating breakfast every morning? Yes No

Check the activities below to help your family make breakfast a priority and meet all of the dietary recommendations.

**HOW MUCH FROM EACH OF THE GROUPS DOES YOUR CHILD NEED?**

Age	Milk	Fruits	Vegetables	Grains	Meat & Beans
2-8	2 cups	1-1½ cups	1-2 cups	3-5 ounces	2-5 ounces
9-11	3 cups	1½-2 cups	1½-2½ cups	5-6 ounces	4-5½ ounces

\*Amounts are per day w/moderate activity levels.

### KEEP BREAKFAST SIMPLE

Try quick "go-together" foods like cereal and low-fat milk, toast with peanut butter, a hard-cooked egg and a bagel or a cereal bar and fruit.

Add a glass of low-fat milk, fruit or 100% fruit juice to round out the meal.




### JOIN YOUR CHILDREN FOR BREAKFAST

Children learn best by YOUR positive behavior example. After all, it may be hard to ask your kids to eat if you skip breakfast.

### VARY THE BREAKFAST MENU

Dinner foods can become breakfast foods and favorite snacks can become meals. How about some left over pizza or pasta for breakfast? Or, try a bowl of bone warming split pea soup on a cold morning?

### TALK TO YOUR KIDS ABOUT THEIR FAVORITE BREAKFAST FOODS

Write in their three favorites here:

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_



Visit [www.mealsmatter.org](http://www.mealsmatter.org) for child feeding tips, interactive nutrition games, recipes and more.