

— Breakfast —

the most important meal of the day!

Food containing life-threatening allergens (e.g., peanuts and other nuts) should not be available in schools or other settings where children are allergic.

Breakfast is different from other meals because it “breaks the fast.” Overnight, your body has gone 8–12 hours without food; this is a long time for a body to go without refueling.

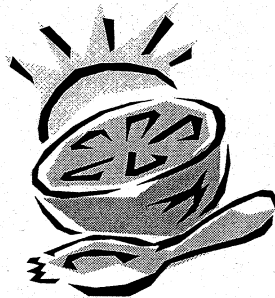
There are many benefits to eating breakfast. People who eat breakfast can concentrate better, have more energy, and are more likely to be at a healthy weight. Kids who eat breakfast do better on morning tests and are more creative. Breakfast-skippers are lethargic, are not as likely to get all the nutrients they need, and are more likely to eat extra calories during the day.

The most common reasons for not eating breakfast are lack of time and/or appetite. Finding ways to deal with these barriers is important.

“I can’t face food first thing in the morning.”

It is not uncommon to feel this way, but it is still important to eat as soon as possible in the morning. Here are some tips.

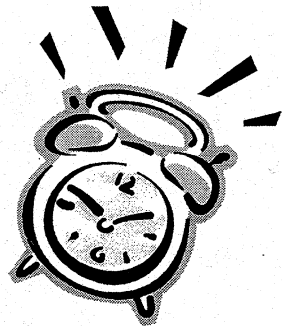
- Choose foods you like. If traditional breakfasts don’t appeal to you, choose something else. Any food can be breakfast food. Try leftover pizza or low fat cheese and crackers with a bunch of grapes.
- If you feel queasy in the morning, avoid greasy foods like breakfast sausage or fried eggs. Choose foods that are light yet nutritious...fruit, low fat milk products, and whole grain products.
- Drink your breakfast. Mix milk with one 175 gram container of fruit flavoured or vanilla yogurt in a blender. Add 125 mL of berries, other chopped fruit, or fruit juice. Blend until smooth. Enjoy with a muffin.
- Try a glass of juice before you leave home, and tote along some yogurt or a muffin for later.



“There’s just not enough time to eat!”

Life is busy most days and can be stressful. Eating well is one of the most important things you can do to keep yourself healthy. Here are hints to help make time for breakfast in the morning.

- At night, set the table with what you will need for breakfast the next morning: plates, bowls, utensils, toaster, cold cereal, bagels, muffins, breads, peanut butter, and fresh fruit like bananas, apples, and pears. In the morning, grab the juice and milk from the refrigerator and enjoy.
- Go to bed earlier so you can get up a little sooner, giving yourself more time to prepare breakfast.
- Have portable breakfast foods available that you can take with you to eat on the way, or as soon as you arrive at school or work. Try a cereal and fruit bar with a container of milk, or melba toast with a fruit cup and a yogurt tube.



Healthy Choices for Breakfast

A healthy breakfast consists of at least one choice from three of the four food groups of Canada's Food Guide to Healthy Eating, and it supplies about 25% of your daily energy needs. There are many options to choose from each food group.

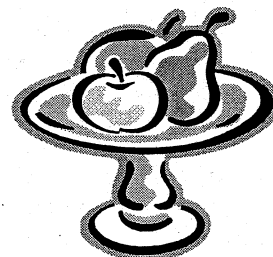
Grain Products (preferably whole grain)

- Hot or cold cereal
- Breads—toasted or not
- Bagels
- Pita bread
- English muffins
- Waffles
- Muffins
- Pancakes
- Tortillas
- Naan
- Chapati
- Leftover pasta, macaroni, rice, or pizza



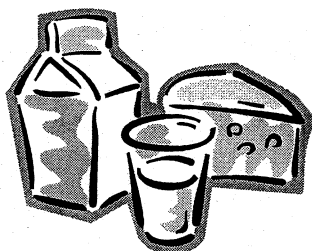
Vegetables and Fruit (fresh, canned, or frozen)

- Apples, bananas, grapefruit, melon, oranges, pears, grapes, cherries, pineapple, mangoes
- Berries – strawberries, blueberries, raspberries
- Dried fruit – apricots, prunes, raisins, cranberries
- 100% fruit juice like orange, apple, or grapefruit
- Canned peaches, pears, or mixed fruit packed in fruit juice



Milk Products

- Cheese – slices or cubes, bag of cheese curds
- Low fat milk—white or chocolate
- Yogourt—2% milk fat (M.F.) or less
- Yogourt drink
- Cottage cheese



Meat and Alternatives

- Eggs – boiled, poached, or scrambled in a non-stick pan
- Lean ham or turkey slices
- Peanut butter or other nut butters
- Tofu
- Nuts
- Hot or cold lean meats, poultry, or fish
- Baked beans, lentils, or leftover chili

Breakfast Ideas at a Glance

- Combine 2 or 3 of your favourite cereals. Add milk and a sprinkle of raisins or sliced fruit.
- Microwave a large spoonful of frozen blueberries in a small dish for 30 seconds on high. Pour on top of toasted frozen waffles. Enjoy with a glass of milk.
- Lightly beat 2 eggs with 15mL of milk in a small bowl. Microwave on med-high for 2 minutes, stirring after the first minute. Serve with whole wheat toast and a glass of juice.
- Heat canned baked beans, and serve with a whole grain bagel and a glass of fruit juice.
- Spread almond or peanut butter on a whole grain tortilla wrap, top with a banana, and roll up. Serve with chocolate milk.

Did you know?

High fibre cereals contain at least 4 grams of fibre per serving. Very high fibre cereals contain 6 grams of fibre or more per serving. Choose higher fibre cereals more often or mix together with lower fibre ones.

Breakfast to Go...

- Individual cereal box, container of milk, and a banana—don't forget to pack a spoon.
- Bran muffin, yogurt, and a container of juice.
- Rice cakes, cheese slices, and fruit cocktail.
- Bagel with cheese and vegetable juice cocktail.
- A bag of mixed dry cereals and dried fruit (dates, figs, apricots or raisins), and a container of milk.

