

**HEALTHY
TIPS**

Breakfast GO Power

Become a Breakfast Eater!



Did you know that eating breakfast can help you and your kids maintain a healthy weight? What a great incentive to start the day right! Need more motivation? Check out more healthy Breakfast GO Power packed reasons.

Breakfast:

- Gives your day an energy boost so you feel better.
- Makes it easier to concentrate through the morning.
- Can kick start your day with good sources of fiber, calcium and protein.

Follow these suggestions to create a breakfast eating routine!

Make a Plan

- As a family, choose days you will eat breakfast for one week.
- Set a goal (two or more days a week might be a good start).
- At week's end revisit your goal.
- Discuss ideas to become daily breakfast eaters.
- Now you have a plan to follow!



Brainstorm Breakfast Menu Ideas

Here are some traditional and nontraditional healthy foods to try at breakfast:

- Granola, dried fruit, low-fat yogurt.
- Whole-grain tortilla wrap with melted low-fat cheese, scrambled eggs and salsa.
- Cooked cereal, low-fat milk, apple slices.
- Slice of leftover pizza, berries, low-fat milk.
- Leftover spaghetti and sauce, canned fruit, low-fat milk.

Create your "favorites" list and post on your refrigerator for quick reference!

Grocery Shopping Tip

Remember to include breakfast items on your grocery list. Having breakfast foods at home will make it easier to reach your breakfast goal!

