Benefits of Breakfast and Nutrition

- Gives the body fuel when it needs it
- Kick starts metabolism
- Lowers cholesterol levels
- Stabilizes sugar levels
- Controls cravings throughout the day
- Enhances clear thinking
- Raises test scores
- Lowers hyperactivity, anxiety and depression
- Helps maintain a healthy weight
- Helps the body sleep better.

➢ Misnutrition causes symptoms of fatigue and dehydration

Breakfast Tips

✓ Kick start metabolism with a low-glycemic breakfast, and top cereal with fruit.
✓ Control cravings throughout the day with a breakfast smoothie with bananas, berries and yogurt.
✓ Eat brain friendly carbs such as fruits, cereals and whole grains, vegetables and legumes, and dairy products.
✓ Boost energy levels and improve mood with a brain-friendly breakfast.
✓ Enhance creativity, self esteem, focus, and concentration - provide your brain/body fuel when it really needs it.
✓ Create a more positive attitude toward school by eating a breakfast which includes protein, low glycemic carbs, and the “good fats”.
✓ Improve brain efficiency for learning and memory, and improve math and reading scores by eating breakfast.
Breakfast Ideas – “Brain Foods”

- Whole grain waffle and berries
- Fruit salad with yogurt and granola
- Natural peanut butter, almond butter on whole wheat toast with slice bananas
- Veggie omelet and whole grain toast
- Whole wheat toast with turkey, tomato and low fat cheese
- Toasted whole wheat pita with fresh ricotta and tomato
- Fruit Smoothie
  - 2 cups partially thawed frozen fruit
  - ½ cup juice
  - 1 ½ cups low fat yogurt
  - Blend juice, yogurt, and fruit.
- Swiss Oatmeal
  - 1/2 cup Old Fashioned Oats
  - 1 container Non-fat (Plain) Yogurt
  - 1/4 cup skim milk (more or less, depending on your consistency preference)
  - 1 small Granny Smith Apple, chopped bite-sized
  - 1 small banana, sliced bite-sized
  - 2 tbsp raisins
  - 2 tbsp currants
  - 2 tbsp dried cherries
  - 1 teaspoon sugar
- Old-fashioned oatmeal with fruit and nuts
- Whole grain cereal with fruit and yogurt

Resources
Center for Ecoliteracy: [www.rethinkingschoollunch.org](http://www.rethinkingschoollunch.org)
Green Earth Institute: [www.greenearthinstitute.org](http://www.greenearthinstitute.org)
Illinois Nutrition Education: [www.kidseatwell.org](http://www.kidseatwell.org)
Natural Ovens: [www.naturalovens.com](http://www.naturalovens.com)
School Nutrition Association: [www.schoolnutrition.org](http://www.schoolnutrition.org)
Seven Generations Ahead: [www.sevengenerationsahead.org](http://www.sevengenerationsahead.org)