



American Alliance for  
Health, Physical Education,  
Recreation and Dance



Are you finding that students are coming to school hopped up on sugary cereals or with an empty tummy? Breakfast is an important part of powering-up your body for the day. Eating a balanced meal in the morning can help keep students alert, improve their mood, and give them energy until lunch time. Getting kids excited about eating something yummy and healthy before heading to school can be a challenge, though! Here are some great breakfast ideas you can share with students and their parents.

## Ten Tips for a Healthy Breakfast:

### Oatmeal in an instant!

Instant oatmeal is great on a cold morning and contains fiber and vitamins.

### Smoothie madness

Blend frozen fruit (bananas and berries are great), low-fat milk or fat-free milk, and 100% fruit juice for a quick, tasty breakfast smoothie with lots of nutrients

### Go 100% whole grain

100% whole grain, fiber containing cereals served with low or fat-free milk are a healthier alternative to sugary cereals. Whole wheat muffins with smashed banana are easy and tasty too.

### Eggxactly!

Boil, scramble, or poach eggs and serve on whole wheat toast - they're packed with nutrition.

### Toaster Treats

Frozen whole grain waffles take almost no time to make. Top them with berries, low sugar apple sauce or sliced bananas instead of syrup.

### Go Nutty!

Spreading peanut or almond butter on whole grain toast is a great way to get both protein and fiber.

### Go Fruity!

Fresh fruit cut up with a dollop of low or fat-free yogurt is a great way to start the day. Apples contain fiber and bananas contain potassium.

### Try All-Fruit Spreads

Instead of butter or margarine on toast, try all-fruit spreads, fruit butters, or even sliced bananas or strawberries.

### Bagel Classics

Try a whole wheat or sunflower seed bagel with low fat cream cheese or peanut butter.

### Breakfast on-the-go

Don't have time to eat breakfast at home? Try whole grain mini bagels, muffins, nuts and dried fresh fruits that can be taken in the car (apple slices and bananas are also easy and not too messy!)

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