



Start Your Morning Right

Breakfast is an important meal to start the day. Eating breakfast helps your child to be more alert during the school day. In fact, kids who eat breakfast are more likely to do well in school and have a healthy body weight.

Prepare a balanced breakfast by including at least three of the four food groups from [Canada's Food Guide](#). Here are some easy and quick breakfast ideas:

- Whole grain English muffin with an apple and glass of milk
- Whole wheat toast with peanut butter and a banana
- Scrambled eggs, and cheese on a whole grain wrap
- Oatmeal topped with walnuts and strawberries
- Mixed cereal with milk – mix several high fibre cereals and add some fruit
- Smoothie made with fruit, yogurt and milk



If you run out of time in the morning, encourage your children to take breakfast on the go. Try to find a breakfast that works best for your family to start everyone's day off right.

For more breakfast ideas, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-wake-up-to-breakfast.pdf>

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/2914.asp>

