

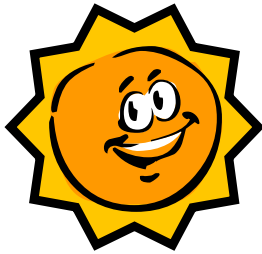
*“Will breakfast help my kids do better at school?”*

# Breakfast GO POWER

Get healthy balance with breakfast GO POWER. It gives kids fuel to learn, grow, and go!

**WOW! Eating breakfast helps kids do better at school.**

## A Healthy Start...



Begins with YOU! Join your kids for breakfast to role model healthy habits. If breakfast is a new habit, start small with toast or a glass of low-fat milk. As breakfast becomes a daily habit, add other foods one-at-a-time until breakfast is a full meal.

## Create Your Own Fit & Fun Family Plan

Kids are more likely to eat breakfast if they help plan what to eat. Get the whole family involved with a *Breakfast GO POWER* grocery-shopping trip.

## Quick Breakfast GO POWER Ideas

- Macaroni and cheese—green pepper slices—sliced pears—low-fat milk
- Cold cereal—banana—low-fat milk
- Low-fat cheese sandwich—tomato slices—low-fat milk

## Finding time!

- Plan “make ahead” breakfast menus. *Leftovers from the night before are the ultimate “make ahead.” A bowl of spaghetti or a rice and bean burrito is yummy.*
- Have fun being creative with “to-go” breakfast ideas. *To start you thinking, how about tortilla “wraps” with a slice of low-fat cheese and thinly sliced apples or peanut butter and banana slices?*
- Make time to talk about healthy breakfast ideas while grocery shopping.
- Teach kids the kitchen skills needed to prepare breakfast.

## What is a balanced breakfast meal?

A combination of choices from at least 3 food groups. Check out these GO POWER ideas:

Dairy	Meat/Substitute	Fruit	Vegetable	Grain
low-fat milk	beans	banana	fresh salsa	tortilla
low-fat cheese	peanut butter	orange wedges	tomato slices	rice
yogurt	eggs	berries	potatoes	bagel

## Family Talk

Write favorite family GO POWER breakfast ideas of your own below.

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

## Quick Idea: Breakfast Smoothie



- ½ banana, sliced
- ½ cup low-fat milk
- ½ cup low-fat yogurt

*Blend and Enjoy!*

GO POWER with Breakfast helps you WIN more BRAIN POWER and ENERGY for ACTIVE PLAY through the day.

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**Resources**

**Kids Nutrition Organization,**  
Baylor University  
[www.kidsnutrition.org](http://www.kidsnutrition.org)  
Breakfast information:  
[www.kidsnutrition.org/consumer/archives/factsanswers.html#breakfast](http://www.kidsnutrition.org/consumer/archives/factsanswers.html#breakfast)

**Kids Health Organization,**  
[www.kidshealth.org](http://www.kidshealth.org)  
Breakfast ideas and tips:  
[kidshealth.org/kid/stay\\_healthy/food/breakfast.html](http://kidshealth.org/kid/stay_healthy/food/breakfast.html)

**Fit & Fun Family Goals**

**Meet the *Breakfast GO POWER* Challenge!**

Our family will eat breakfast \_\_\_\_ or more days a week for the next month. *Note: If you aren't eating breakfast at all, 2 or more days a week might be a good start!*

Write your menu ideas for eating breakfast here, and post this page on your refrigerator!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

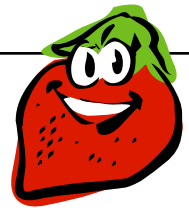
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\_\_\_\_\_

**A Yummy Breakfast Idea!**

Pop frozen waffles in the toaster; then top with chopped fruit and a spoonful of yogurt.



**It's fun and easy to keep track of your progress.**

Use the table below to place a checkmark for every day you eat breakfast.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1							
Week 2							
Week 3							
Week 4							

**Are there other *Breakfast GO POWER* goals you'd like to set?**

Check one or more of the following *Breakfast GO POWER* healthy habits and start today.

As a family we will:

- Talk about how eating breakfast gives us energy for brain and GO POWER.
- Grocery shop together for easy-to-fix items.
- Other? Write your own idea for a goal here \_\_\_\_\_