

Great Breakfast Ideas

If you don't eat breakfast, it's the same as trying to drive a car without gas in the tank. Or it's like superman trying to fly with kryptonite in his pocket. Your body needs a refill after its overnight 'fast'.



Reasons To Eat Breakfast



- Be better at thinking, remembering and getting higher grades in school
- Be healthier with a diet higher in many important vitamins and minerals, such as fibre, iron, vitamin C and calcium
- Keep your metabolism* revving

Ways To Eat Breakfast



- Eat it hot or cold
- Have leftovers from last night's dinner
- Make sure your kitchen is stocked with food (cereals, bread, peanut butter, fruit)
- Try to have breakfast look similar to the [Canada Food Guide](#) plate by including: Fruit and Vegetables, Whole Grain Products, and Protein foods
- Kids are more likely to eat breakfast if their parents and older siblings do

Making Time For Breakfast



- Set your alarm 15 minutes early
- Make lunches the night before
- Keep the TV and video games turned off
- Grab it as you run out the door – for example a yogurt, piece of fruit, and a slice of toast with nut butter

Cold Breakfast Ideas



- Whole grain cereal**, milk, and a banana
- Whole grain toasted bagel with peanut butter and a glass of milk
- Dry whole grain cereal or granola mixed into yogurt with fruit

Cold Breakfast Ideas

(continued)



- Whole wheat tortilla with peanut butter and a banana all rolled up, and a glass of milk
- Home-made muffin with yogurt and a piece of fruit
- Toast or English muffin with jam, a cheese string, and melon slices
- Toast with margarine and a fruit smoothie: 1 cup milk, 1/2 cup frozen fruit and 1/2 banana
- Cold leftover pizza
- The European breakfast: ham, cheese, and a roll with butter or margarine
- Homemade parfait: granola with yogurt and berries
- Overnight oats: mix 1/2 cup oats with 1/2 cup milk and 1/2 tsp honey or maple syrup (+ 1tbsp chia seeds). Refrigerate overnight. Add toppings if desired (nuts, fruit, seeds, etc.).

Hot Breakfast Ideas



- Whole grain waffles with applesauce and milk
- Breakfast wrap: scrambled eggs with shredded cheese and salsa in a whole wheat tortilla wrap
- Leftovers from last night's dinner
- Oatmeal: mix 1/2 cup old-fashioned oats with 1 cup water. Microwave for 2 1/2 to 3 minutes (bowl should have high sides to prevent bubbling over) and top with frozen blueberries and milk
- Rice bowl with chicken and vegetables
- Hard boiled egg with a crumpet and slice of ham
- Poached eggs with hashbrowns and fruit

* Metabolism is the chemical reactions in the body that changes food into energy. Food for humans is like gas in a car. We need food regularly to keep our engines running smoothly.

**For whole grain cereal, breads and granola bars: >2g fibre/serving = good; >5g fibre/serving = great!