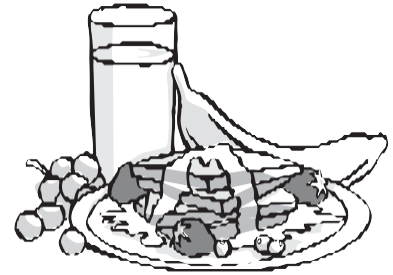


Great Breakfast Ideas

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 (2 tbsp) and a glass of milk
- Dry whole grain cereal or low fat 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: low fat granola with yogurt and berries

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
- Red River cereal with raisins and milk
- Hard boiled egg with a crumpet and slice of ham
- Poached eggs with hashbrowns and fruit

Moderation Is Key

All foods are okay in moderation – there are no “good” and “bad” foods. It is better to have some foods less often than others for breakfast, such as donuts, muffins and pastries. There’s nothing wrong with having a donut every once in a while, but it shouldn’t be an everyday food. When you do eat your donut, sit down, turn off the TV, and enjoy it.

Have one special family breakfast on the weekend with waffles or crepes and whipped cream, omelets, or eggs and bacon.

* Metabolism is the energy required to maintain life. It can be affected by the amount of food a person eats. If a person skips meals, the metabolism will decrease to ensure the body can ‘survive’ on less food. Even if food is eaten later to make up for the missed meal, the metabolism will remain slower, which can lead to problems staying at a healthy weight.

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