



# FUEL UP WITH BREAKFAST

**Start the day the right way!**

Breakfast is fuel for our bodies to give our bodies a good start to the day! Our bodies are like cars, we need fuel too. Breakfast helps us work better and think better. It also helps kids do better in school. Breakfast also gives us power for sports.

## GET A HEAD START FOR BREAKFAST

- Get breakfast food ready the night before.
- Set the table for breakfast the night before.
- Chop fruit and veggies ahead of time and store them in the fridge.



Try new foods. Be a role model, eat breakfast every day. Do not forget, any food can be a breakfast food.

## A HEALTHY BREAKFAST IS IMPORTANT MAKE BREAKFAST HEALTH WITH FOODS LOW IN ADDED SUGAR.

**Here are some easy ways to make a healthy breakfast:**

- Put a fruit bowl with fruits of many colors at the center of the table. You and your children can grab a piece of fruit before leaving your house in the morning.
- Make your fruit salad crunch. Add crunchy cereal low in added sugar.
- Make a breakfast burrito with scrambled eggs, veggies, beans, rice or boiled potatoes.
- Make oatmeal with low-fat milk and add fruit for added flavor and crunch.
- Mix left over rice with low-fat yogurt and nuts for a healthy rice pudding.
- Make a peanut butter and banana sandwich on whole wheat bread.



**Fuel Up For Your Day.**

**Eat a Healthy Breakfast Low in Added Sugar.**



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