

# HEALTHY BREAKFASTS

## TIPS TO AVOID MORNING CRUNCH TIME:

- Plan ahead; make sure you always have plenty of breakfast items on hand.
- Schedule plenty of time into your morning routine for breakfast. Remember!! Some children need extra time.
- Don't become a short order cook. Have your children choose between 3 options that don't require more than a toaster or microwave.
- Prepare the kitchen the night before with bowls, spoons, bananas, and cereal left on the counter for kids to help themselves.



## QUICK BREAKFAST IDEAS:

- Whole grain cereal with cut-up fruit and skim milk.
- Whole wheat mini-bagel with peanut butter and sliced bananas.
- Whole grain toaster waffles with blueberries on top and a little syrup.
- A cup of low fat yogurt mixed with cut-up fruit and a crunchy cereal.
- Microwave plain oatmeal with raisins and cinnamon.
- A piece of whole wheat toast with melted low fat cheese and diced

## EXCELLENT CEREAL CHOICES:

- Raisin Bran or Bran Flakes
- All-Bran
- Shredded Wheat
- Wheat or Bran Chex®
- Quaker Crunchy Corn Bran
- Quaker Oatmeal Squares
- Quaker Oat Bran



## GOOD CEREAL CHOICES:

- Cheerios®
- Life
- Total
- Honey Bunches of Oats
- Kashi® Mighty Bites
- Oatmeal Crisp
- Low fat granola