

Nutrition Facts

Breakfast Success

Breakfast is an important meal. Many children and teens don't start their day with a healthy breakfast¹. Overnight your body and your brain has gone for 8-12 hours without food. They need to be refueled to give you energy.

Eating a healthy breakfast²:

- Provides children and teens with energy to be alert and physically active.
- Helps children and teens to concentrate better in school, perform better on tests and assignments and to be absent less often.
- Contributes to healthy eating habits that can last a lifetime.
- Decreases symptoms of hunger like headache, fatigue and irritability.

A balanced breakfast should include a **variety of healthy foods from [Canada's Food Guide](#)** including vegetables and fruits, protein foods, and whole grain foods.

Vegetables & Fruits

- Fresh or frozen fruits and vegetables
- Canned fruit in water
- Vegetable soup
- Leafy Green Salads
- Unsweetened fruit sauces

Whole Grains

- Breads and buns (whole wheat, pumpernickel, rye)
- Whole grain pancakes or waffles
- Whole grain muffins
- Whole grain hot or cold cereals
- Whole grain rice, couscous, quinoa
- Whole grain pasta
- Whole grain pita bread, tortilla wraps

Protein Foods

- Beans, chickpeas
- Tofu
- Nuts & seeds
- Peanut butter
- Unsweetened fortified soy beverage
- White milk
- Yogurt and cheese
- Beef, turkey, chicken, pork
- Tuna, salmon
- Eggs

Beverages

- Make water your beverage of choice
- White milk and unsweetened fortified plant-based beverages (e.g., soy, almond)
- Limit drinks high in sugar (e.g., juice, sweetened milk or sweetened plant-based beverage)

¹ Garriguet, D. (2007). Canadians' Eating Habits. *Health Rep*, 18(2), 17-32.

² Kothe, E., Mullan, B. (2011). Increasing the frequency of breakfast consumption. *British Food Journal*, 113(6), 784-796.

³ Baum, J., Gray M, Binns A. (2015) Breakfasts Higher in Protein Increase Postprandial Energy Expenditure, Increase Fat Oxidation, and Reduce Hunger in Overweight Children from 8 to 12 Years of Age. *The Journal of Nutrition*, 145(10), 2229-2235.

Tips for Breakfast Success

- Set a good example. Eat breakfast daily and enjoy breakfast with your child or teen.
- Get creative! Think outside the “breakfast cereal box”. Try cold vegetable pizza on a whole wheat crust, turkey and vegetable sandwiches, whole grain crackers, cheese and fruit. These foods can all be part of a balanced breakfast.
- Plan ahead. Make sure you have plenty of vegetables and fruits, whole grains and protein foods available for breakfast!
- Include a protein food, like cottage cheese, plain Greek yogurt or eggs, to help your child avoid feeling hungry before their next meal or snack.³
- Eat without distractions! Turn off the TV and put away tablets and cell phones.

Breakfast Cereal Tips⁴

- Choose whole grain cereals. Read the ingredient list and look for “whole grain wheat”, “whole grain”, “oatmeal”, barley”, “corn”, etc.
- Choose cereals with no added sugar whenever possible. Avoid cereals that list sugar as one of the first few ingredients.
- Choose high-fibre cereals

High fibre cereals have 4 grams of fibre per serving and very high fibre cereals have 6 grams per serving.⁴

No Time?

Make time! Try these ideas:



- ✓ Set the table with bowls, plates, utensils, toaster, dry cereal, muffins, bagels and fruit before you go to bed. Just grab some milk or soy beverage in the morning and enjoy!
- ✓ Busy families need “Grab-n-Go” breakfasts. There are lots of nutritious, portable foods to take with you. Foods like: whole grain cereal; slice of whole grain bread, cubed cheese, mini muffins, fresh fruit; yogurt in a container topped with fruit; milk, or water.
- ✓ If you have to eat out in the morning, choose wisely. Go for yogurt and berries with granola.

No Appetite in the Morning?

Make sure you eat breakfast or a healthy snack as soon as you feel you can. Try these tips to boost your appetite:

- Avoid greasy foods like sausages or fried eggs. Try a light breakfast of plain whole grain toast, fruit and white milk.
- Drink your breakfast! Blend white milk with yogurt and fruit for a breakfast smoothie and enjoy with whole grain crackers or a homemade muffin.
- Grab a piece of fruit and a hard-boiled egg or bring along a snack – something is better than nothing!

Out of Ideas?

Check out these websites for breakfast ideas and recipes!

- Canada’s Food Guide
www.canada.ca/foodguide
- Unlock Food
www.unlockfood.ca