

## Wellness Articles

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## Start your day with a healthy breakfast

There are many good reasons to start the day with a healthy breakfast. Eating breakfast and other meals and snacks throughout the day can help you and your family have more energy for school, work and play. It may also help you and your family stay healthy and lower your risk of developing chronic diseases. People who skip breakfast often have lower intakes of calcium, iron and fibre. These are nutrients for growth and health. Breakfast can be simple and still meet your nutrition needs.

### Eat together

Parents and caregivers are role models for children. Enjoy meals and snacks with your family as often as you can. Breakfast can be a good chance to share a healthy meal. Eating together can help kids:

- Explore new healthy foods
- Establish healthy eating routines
- Improve their overall eating pattern
- Explore cultural and traditional foods.

As kids become more independent, they may begin to prepare meals on their own.

### Great breakfast ideas

Try to prepare breakfast or set the breakfast table the night before, to save time in the morning. Here are some quick breakfast ideas:

- Whole grain hot or cold cereal with fruit and low-fat milk (skim, one per cent or two per cent milk fat)
- Whole grain toast, bagel or English muffin topped with nut butter and sliced banana.
- Whole grain waffle or pancake topped with fruit and low-fat yogurt (fat-free, one per cent or two per cent milk fat)

- Whole grain crackers, lower fat cheese (less than 20 per cent milk fat) and an apple
- Unsalted nuts mixed with dry whole grain cereal and a piece of fruit
- Leftovers: homemade pizza, soup, pasta or casserole.
- Whole grain toast and a smoothie

### **More great breakfast ideas**

- Scramble eggs with vegetables and cook in the microwave for one to 1.5 minutes.
- Top a small whole-grain tortilla with scrambled eggs and lower fat cheese.
- Stuff a whole-grain pita with cottage cheese and chopped fruit. Or try tuna, chopped tomatoes and lettuce.
- Spread nut butter on a whole grain tortilla and roll it up with a banana.
- Have sardines or baked beans on whole grain toast with a glass of milk or fortified soy beverage.
- Mix canned peaches or frozen blueberries with low-fat yogurt. Top with whole grain cereal.

### **Not a breakfast eater?**

If you don't eat much for breakfast, add healthy foods as a morning snack. You may be able to eat more later. If you are not used to eating early in the morning, try waiting an hour before you eat. Or try having one or two of the following foods:

- Piece of fruit
- Hardboiled egg
- Half a whole grain bagel with cheese or nut butter
- Small bran muffin
- Lower fat cheese
- Whole grain cereal
- Low-fat milk or fortified soy beverage
- Low-fat yogurt
- Unsweetened applesauce
- Toasted whole grain English muffin
- Unsalted nuts
- Fruit and nut bar