

KEYS TO BETTER HEALTH™

Back-To-School Breakfast

You've worked your way down the back-to-school checklist, stocking up on pencils, notebooks and binders. You wouldn't dream of sending them off to school in the morning without the tools they will need for a successful day, but many times the most important part of the back-to-school routine can get missed in the chaos of morning—breakfast! Making sure your kids get a nutritious breakfast before they head out the door is as easy as A, B, C.



A is for... Accessibility

If the idea of the whole family sitting down to a wholesome breakfast before heading out the door makes you double over with laughter, don't worry! Breakfast does not have to be a lengthy affair that stops everyone from getting out the door quickly. Whether it is eaten at the table or in the car, the important part of eating breakfast is the brain fuel it provides. Research shows that students who eat breakfast perform better academically¹.

To make breakfast as accessible as possible, carve out a cabinet space or section of the refrigerator that is only for breakfast foods. Be sure to use lower shelves that are easily reached by the whole family. Stock these areas with easy—but nutritious—breakfast foods such as low-fat yogurt, cups of overnight oats, pre-homemade black bean and cheese burritos, or fruit and whole grain granola.

B is for... Build in Time

Breakfast is just as important as getting dressed each morning, so build in time to ensure it happens. Make sure the breakfast cabinets/fridge space are stocked the night before for easy access in the morning and give yourself and family at least 10 minutes to eat or grab your breakfast foods. If eating breakfast at home doesn't seem possible, look into breakfast options at your children's schools. Many schools are now offering a nutritious breakfast before the school day starts.

C is for... Cut Back on Added Sugar

Some breakfast is better than no breakfast, but try to cut back on some of the added sugar that can accompany convenience breakfast foods.

- Choose granolas or breakfast bars with the smallest amount of sugar per serving.
- Enjoy fruit (canned, dried, fresh, or frozen) that does not have added sugar—check the ingredient line to be sure.
- Opt for plain yogurt that you can naturally sweeten on your own with fruit.
- Drink 100% fruit juice over other fruit beverages with added sweeteners.

Keys to Better Health™ offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags

Resources:

1. Moore, M. 5 Reasons Your Teen Needs Breakfast. Academy of Nutrition and Dietetics website. <http://www.eatright.org/resource/food/nutrition/healthy-eating/5-reasons-your-teen-needs-breakfast>. Published January 21, 2014. Accessed May 24, 2016.

