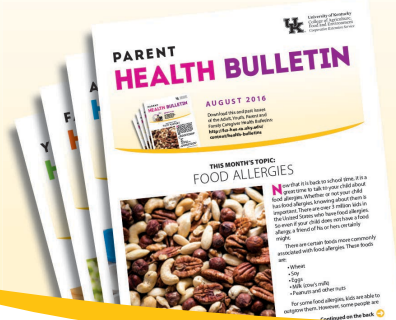


PARENT HEALTH BULLETIN



MARCH 2017

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THIS MONTH'S TOPIC:

HOW IMPORTANT IS BREAKFAST FOR KIDS?



Breakfast really may be the most important meal of the day for kids. It allows kids to start their day on the right foot and be ready for the activities ahead. Did you know that although 93 percent of Americans agree that breakfast is important, more than 33 percent of kids show up at school with no breakfast in their bellies?

Reasons not to skip breakfast

There may be many reasons for skipping breakfast — time is short and thinking it may save a few minutes or even kids that say they do not want it — so let's talk about all the reasons why we should not skip breakfast!

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When a child is filled with a high fiber and whole grain breakfast, he or she is less likely to feel hungry throughout the day.

➔ Continued from page 1

Breakfast improves school academics and participation. When a student goes to school and has eaten breakfast, he or she will more likely do better in class. He or she will have better concentration and participation. When a child doesn't have breakfast, he or she will likely be sluggish in class and not be able to focus on the lesson that the teacher and class is working on. The nutrients that the child gets are important for growing, but having a full belly means that a child is more likely to perform better with schoolwork and have plenty of energy for sports and activities throughout the morning.

Don't forget that kids learn by example as well — so make sure that you make a breakfast for yourself and sit down to eat breakfast together, if you have time!



The connection between breakfast and weight

When a child does not have breakfast (or an adult, for that matter!) he or she is more likely to eat more later in the day. There also may be more snacking on unhealthy choices like chips and candy. When a child is filled with a high fiber and whole grain breakfast, he or she is less likely to feel hungry throughout the day.

Breakfast ideas

If you feel like you are pressed for time and do not know what to make your child for breakfast, here are a few ideas:

- Yogurt with fruit and whole grain bread
- Granola with yogurt and fruit
- Cheese melted on toast
- Peanut butter on toast with fruit

Talk to your child about what he or she likes to eat and have those items on-hand for easy mornings. When you have a little more time, try a vegetable omelet or fruit smoothie.

Don't forget that kids learn by example as well — so make sure that you make a breakfast for yourself and sit down to eat breakfast together, if you have time!

SOURCE:

Nemours Kids Health www.kidshealth.org

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