

Making Breakfast Happen

Mornings are not the easiest time of day for most people and having the added responsibility of getting others ready to start their day doesn't make it any easier.

Starting your day with a good healthy breakfast ensures you have the energy you need to get you through.



Research has shown that kids who eat breakfast tend to eat healthier overall and find it easier to participate in physical activities. They also find that learning is a little easier. Skipping breakfast can make kids feel tired, restless or irritable. Their mood and energy can drop by mid-morning if they don't eat, at least a small meal in the morning. Here are some tips to ensuring you and your kids are getting the right start.

Choose wisely from the start

A growing number of "sugar free", "no trans fats" and "sodium reduced" products are making their way to grocery shelves and it would suggest that Canadians are making healthy choices. Although manufacturers are required to list ingredients and nutritional values on all packaged items they can sometimes deceive consumers by using more than one type of sugar or sodium which may lead some consumers to think the product may not contain as much of an ingredient. Read food labels carefully in order to make wise choices.

Stock your kitchen with healthy options

Choose a breakfast cereal that contains at least 5 grams of fiber per serving and add fruit to enhance sweetness. If you are choosing toast to start your day ensure you are consuming breads that have a minimum of 2 to 3 grams of fiber per slice. If you choose to consume juice ensure it is 100% with no sugar added. Remember that 100% juices should only be consumed occasionally because they do not provide you with the fiber boost the actual fruit does.

If you or your kids are not hungry first thing in the morning ensure you have healthy "grab-and-go" options available such as fresh fruit, individual cereal boxes, yogurt, smoothies or trail mix that can be eaten on the way or in between classes. If you are participating in your schools breakfast or lunch programs ensure they share your values on healthy eating and are providing your children with the right options.

If you or your kids eat breakfast outside the home, talk with them about how to make healthy selections. Understanding what NOT to serve is also important. Toaster pastries and donuts seem easy, appealing and portable but they offer no more nutritional value than a candy bar and are high in sugar and calories.

Tips to Making Breakfast Happen:

- ✓ Prepare as much as you can the night before such as getting dishes, utensils etc ready
- ✓ Pre-cut fruit and have it handy in your refrigerator
- ✓ Get everyone up 10 minutes earlier
- ✓ Keep children involved in the selection process

September 2012

Fun Food Facts!



Raisins are grapes that dry in the sun for up to three weeks.

It takes between 4 & 5 pounds of grapes to produce 1 pound of raisins.

Three quarters of all the raisins consumed are done so at breakfast

Did You Know?



There are over 1200 varieties of watermelon. The rinds are also edible and contain many hidden nutrients but most people avoid them due to their unappealing flavor

You can keep bananas from browning by placing them in the refrigerator

The smaller the size of the berry, the sweeter the taste

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