

National School Breakfast Week

March 8-12

**What to
include in
your
breakfast?**

**Why eat
breakfast?**

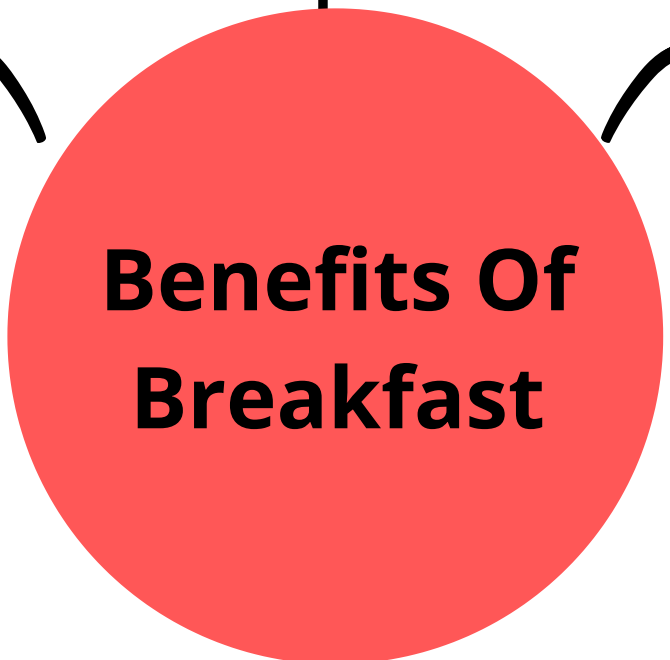
**Good
breakfast
ideas?**



Energy.
The body's
energy source is
glucose

Essential
vitamins, minerals
and nutrients

Breakfast **boosts**
brainpower



**Benefits Of
Breakfast**

Breakfast helps you
make **better food
choices**

Having **better
performance** (memory
and attention) (for
school-aged children)

Breakfast helps
control your
weight

Choose 1 from each group

Carbohydrates:

- Brown rice
- Whole-grain cereals
- Whole-grain breads and muffins
- Fruits
- Vegetables



Protein:

- Low-fat or nonfat dairy products
- Lean meats
- Eggs
- Nuts (including nut butters)
- Seeds
- Cooked dried beans



Healthy Fat:

- Avocado
- Nut butter/nuts
- Salmon
- Olive oil
- Canola oil
- Eggs
- Olives
- Chia/hemp/flax seeds

