

BREAKFAST IS STILL THE MOST IMPORTANT MEAL OF THE DAY!

I'm sure you've heard it a million times ... "breakfast is the most important meal of the day". Just as the word implies, breakfast breaks the [overnight] fast. The best sources of energy for the brain and body come from grain products, vegetables, fruit and milk and alternatives.

The brain needs fuel to think which impacts the ability to learn. Children who eat breakfast are better able to concentrate and perform better at school. People who eat breakfast regularly have energy for daily activities and are less likely to become overweight. These are excellent reasons for you and your children to take the 5 to 10 minutes needed to eat breakfast. Breakfast can be a time to sit down and have a family meal and to role model healthy eating. Make a healthy breakfast by choosing items from at least 3 of the 4 food groups in *Canada's Food Guide*.

Examples of healthy breakfasts:

- ◆ A bowl of whole grain cereal with milk or a milk alternative and fruit
- ◆ A fruit yogurt shake and a small muffin
- ◆ Cereal bar, milk or fortified soy beverage and a piece of fruit
- ◆ A piece of cold pizza and a small glass of juice
- ◆ Banana dog: a hot dog bun spread with peanut butter and a banana inside

For more information contact:

- ◆ Dial-A-Dietitian 1-800-667-3438 OR www.dialadietitian.org
- ◆ www.dietitians.ca/eatwell