

## Breakfast tips and tricks

It is true- breakfast is the most important meal of the day especially, when you have early morning games or practices.

Breakfast helps set the pace for your whole day.

### Why is breakfast important? Without it you may experience:

- Feelings of low blood sugar (fatigue, double vision, nausea, jittery, irritability)
- Difficulty concentrating in school and sports activities
- Sugary/high fat food cravings which could lead to poor food choices
- Inability to perform optimally in a game or practice

### There is always time!

- Wake up earlier. You can even eat while you are getting ready for school.
- Eat breakfast on the way to school.
- Keep emergency food in your bag. When you use it, replace it!

### Quick breakfast ideas:

- Yogurt mixed with whole grain cereal
- Muffin with a piece of fruit
- Waffle with peanut butter or yogurt and fruit
- Bowl of whole grain cereal with milk
- English muffin or whole wheat wrap with 1 egg and cheese
- Oatmeal made with milk and toppings such as dried fruit, nuts, peanut butter, or honey
- Banana with peanut butter
- Breakfast pizza on pita or English muffin with cheese, veggies, and chicken
- Trail mix with nuts and dried fruit
- Whole wheat bagel with peanut butter, jelly, honey, apple butter, or low fat cream cheese
- Graham crackers with peanut butter with a piece of hand fruit
- Cheese stick with whole wheat toast and a piece of fruit
- Parfait with yogurt, granola, and fruit
- Pita bread with cheese and turkey. (Warm it in the microwave or toaster oven!)
- Dry whole grain cereal in a bag with a piece of fruit
- Add a glass of milk to any of the above options
- Homemade breakfast or granola bars
- Blender drink or smoothie. Add your own combination of fruit, milk, dry oatmeal, juice, or yogurt

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