

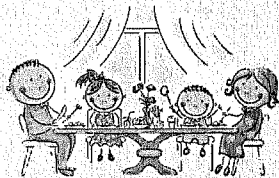
# Jump-Start

## the day with BREAKFAST!



### Break the fast with a healthy breakfast!

Breakfast provides energy, important nutrients, vitamins and minerals for school and play. Eating breakfast prevents unhealthy snacking and overeating at the next meal. It has also been shown to improve memory and test grades.



### Eat breakfast together!

- Children who eat with an adult that is important to them establish healthy eating routines.
- When people eat together, they eat healthier.
- A family meal doesn't have to happen at dinner time – breakfast offers a great chance to connect!

### Breakfast ideas for on-the-go!

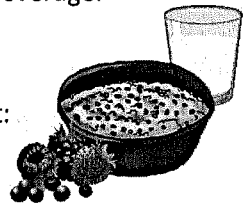
#### Banana Boat Sandwich

Spread 1-2 teaspoons of nut butter on a whole-wheat hotdog bun or pita and add 1 whole peeled banana. Serve with milk or soy beverage.

#### Swift Serve Breakfast

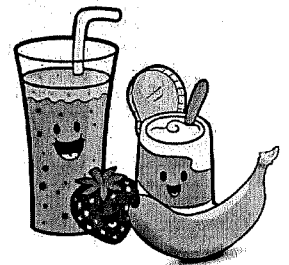
Combine 3 of these options to make a balanced breakfast:

- Oatmeal or bran muffin
- Milk or soy beverage
- Egg or nuts and seeds or low-sodium cottage cheese
- Slices of fresh fruit or berries



#### Crunch in a Bag

Put 1 cup of crunchy unsweetened cold cereal in a lunch bag. Add unsalted peanuts, sunflower seeds, raisins, dried banana chips or apple slices and shake! Serve with yogurt, milk or plain soy beverage.



### Breakfast ideas for at home!

#### Banana Berry Smoothie

Put the following ingredients in a blender and mix well: 1 ripe banana; ½ teaspoon vanilla; ½ cup yogurt or soft tofu; ½ cup berries (may be frozen). Add water, milk or soy beverage to desired consistency and serve!

#### Hot or Cold Unsweetened Cereal

Add ¼ cup raisins and chopped nuts or ½ cup sliced fruit to your favourite unsweetened cereal. Serve with milk or fortified soy milk.

#### Quick and Simple Ideas

- Egg and veggie scramble (cook in the microwave for 1-1½ minutes)
- Whole grain pita stuffed with cottage cheese and sliced fruit
- Whole grain tortilla with tuna, chopped tomatoes and greens
- Whole grain bagel or bannock with ham and tomato
- Baked beans or sardines on whole grain toast; serve with a glass of milk, soy beverage or low-sodium tomato juice

