

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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