



Breakfast Every Day!

Studies show that kids who eat breakfast have a better attitude toward school and have more energy by late morning. The rest of the family benefits from eating breakfast, too. Even though some breakfast-skippers believe they are helping control their weight, the opposite has been found to be true. Breakfast eaters are less likely to be over-hungry for midmorning snacks or lunch, and they tend to eat less fat during the day.

So what are the breakfast "rules"? There is really only one—be sure to eat something for breakfast every day. The choices are many, the preparation is simple, and the benefits are tremendous! Here are some examples of easy, quick and healthy breakfasts:

- a slice of cold pizza and a glass of milk
- a piece of toast with peanut butter, and a cup of 100% fruit juice
- cold cereal with milk and banana
- a tortilla/cheese roll-up



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Parents, here's an interesting breakfast fact: The vitamins and minerals missed when breakfast is skipped—iron, zinc, calcium and folic acid—are rarely made up through the rest of the day. So set your kids up for a good day by making sure breakfast is first on their to-do list each morning.

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For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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