



Get **A+** on your breakfast

Everyone knows breakfast is the most important meal of the day. Yet it hardly ever gets the time and consideration that it deserves. While negotiating the day's outfit with your daughter, helping your son gather up his homework and preparing lunches for the family, there's rarely time to think about a healthy breakfast.

"Healthy breakfast doesn't need to be complicated, but you need to know what to include," says Carol Dombrow, Heart and Stroke Foundation registered dietitian.

According to *Canada's Food Guide*, school-aged children should eat this each day:

5 – 6 servings of vegetables and fruit

4 – 6 servings of grain products

1 – 2 servings of meat and alternatives

2 – 4 servings of milk and alternatives.

Including at least three of the food groups in your breakfast is a great way to start the day off right.

Here are breakfast ideas from Dombrow that will give you a nutritional A+!

- ✓ Whole-grain cereal with milk or yogurt and berries
- ✓ Cooked oatmeal with milk and topped with raisins and almonds
- ✓ Whole-grain pita pocket with peanut butter and banana slices
- ✓ Soft boiled egg on whole wheat toast with orange slices
- ✓ Whole-grain English muffin with melted cheese and apple slices
- ✓ Scrambled eggs with red peppers and salsa wrapped in a tortilla
- ✓ Cheese with whole-grain crackers and sliced tomatoes
- ✓ Homemade raisin bran muffin with a frozen fruit yogurt smoothie

For more ideas and healthy recipes, visit heartandstroke.ca/healthykids or healthcheck.org.

healthcheck.org

