

## Do Not Let Your Child be a Breakfast Skipper

### Why to not skip breakfast:

- Children that eat breakfast have better academic performance than children who skip breakfast.
- Breakfast eaters also have improved mood.
- Children that eat breakfast are at healthier body weights than children who do not.
- It is more likely for children to meet nutrient recommendations when breakfast is eaten every day.
  - Most children that skip breakfast will not get enough calcium for bone health.
- Breakfast eaters tend to eat more vegetables and milk, less soft drinks, and fewer french fries.

### Breakfast tips for your child:

- Include foods from a variety of food groups (whole grains, fruits, vegetables, lean protein sources, and dairy items).
- Dairy and protein should come from low fat options (egg whites and 1% or skim milk).
- If the child won't drink milk give them a calcium fortified 100% juice instead.
- If you are in a hurry, eat to-go breakfast foods:
  - fortified ready to eat cereals
  - whole grain toast or bagels
  - milk or 100% juice in to-go containers
  - fresh fruits
- Ask if your school has a breakfast feeding program.



#### Monkey Wrap Breakfast

- 1 whole wheat or corn tortilla
- 1 ½ Tablespoons peanut butter
- 1 Tablespoon raisins
- 1 Tablespoon granola
- 1 banana

1. Spread peanut butter onto tortilla.
2. Sprinkle raisins and granola & top with banana.
3. Roll up and eat now or wrap up and enjoy later!

**Other Topping Ideas:** nuts and seeds, dried fruit, cream cheese, apple slices, dried coconut

Nutrient Info: Calories 469, Protein 7 g,  
Total Fat 18 g, Fiber 12 g



*This material is funded by the USDA Supplemental Nutrition Assistance Program (SNAP) & designed by the San Antonio Food Bank Nutrition, Health & Wellness Division. "This institution is an equal opportunity provider & employer." To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, (1400 Independence Avenue, SW Washington, DC 20250) or call (202) 720-5964. The USDA-SNAP provides nutrition assistance to people with low-income. It can help you buy nutritious food for a better diet. To find out more, contact the San Antonio Food Bank (210) 337-3663*