

Better **BREAKFAST**

Eating in the morning will help your kids stay focused and energized throughout the day. Even with a busy schedule, making a nutritious breakfast can be easy. Here are a few tips:

1 Eat mindfully. Try to get your children to sit down to eat, even if it's only for five minutes. If you don't have time in the morning, try to prepare at night by setting out bowls for cereal or leaving fresh fruit and yogurt in the fridge. Or, ask your children's school about their free breakfast program.

2 Load up on lean protein. Since it is digested slowly, it will help your kids feel satisfied longer. Good choices are skim milk with cereal, soy or turkey sausage, scrambled or hard-boiled eggs.

3 Fill up with fiber. Whole-grain breads and cereals are good sources as well as whole fruits. They are a long-lasting source of energy and will help your kids feel focused throughout the morning.

4 Combine foods from different food groups to pack the most nutrients into the meal. An orange, a glass of skim milk and an English muffin with peanut butter contains a good portion of the body's daily needs for fiber, calcium, and vitamin C.

Fuel up!

More QUICK ideas:

- Whole wheat tortilla with turkey and cheese
- Plain instant oatmeal with fresh or dried fruit
- Whole wheat waffles with peanut butter
- Yogurt with nuts and berries
- Make a shake with fruit, yogurt and juice and take it to go!