

TIP SHEET: BREAKFAST FIRST

It's true – breakfast jump-starts your day! The 2005 Dietary Guidelines for Americans identified low-fat or fat-free milk or milk products as a “food group to encourage” because people who consume dairy foods have better overall diets, consume more nutrients, and have improved bone health.

Even on busy days, a nutritious breakfast is important. Include fruit, whole grains, and low-fat or fat-free dairy foods to power up in the morning – at home, at school or on-the-go.

AT HOME

Keep breakfast foods on hand and be a role model – parents should eat breakfast too! Here are some ideas to help make breakfast a habit at home:

- Have at least two easy-to-serve items from each food group ready to go, such as milk, fruit, whole grain cereal, yogurt, wheat toast or instant oatmeal.
- Keep breakfast foods, such as grab-and-go milk in single-serve, resealable plastic containers, string cheese or whole grain breakfast bars, in convenient spots in the pantry or refrigerator for kids to serve themselves.
- Eat breakfast together as a family – even if it's just 15 minutes. Use it as an opportunity to get ready for the day ahead while eating a delicious breakfast.

AT SCHOOL

School Breakfast Programs: Take advantage of these programs, which offer another nutritious option for busy families on-the-go. Breakfast at school offers a wide variety of foods, such as nutrient-rich dairy foods, and provides at least one-fourth of the recommended daily intakes of calories and key nutrients children need:

- **Breakfast in the Classroom:** Helps children get organized for the day and has been shown to reduce absenteeism and tardiness.
- **Grab-and-Go Breakfast:** Breakfasts in bags are distributed as children get off the bus or served from carts set up in strategic locations.
- **Breakfast After First Period:** Designed for high school students who are often not hungry first thing in the morning.

ON-THE-GO

Make it easy for kids to grab breakfast for themselves or when in the car with these portable ideas:

- Place single portions of dry cereal, fruit, cheese cubes, or trail mix in a plastic resealable bag.
- Pack grab-and-go items for the car, like drinkable yogurt, string cheese, fresh fruit and whole grain crackers.
- Order single-serve milk in resealable plastic bottles at the nearest drive-thru – perfect for cup-holders or tossing in backpacks!

**To find more quick and delicious breakfast ideas for your family,
visit udim.org.**

###