



# NEWS PARENTS CAN USE

## Session 5

## Brainy Breakfast

## Mix-It-Up Cereal

### Brain Food - Breakfast!

Today your child learned the importance of breakfast. When children eat breakfast they do better in school. Breakfast eaters:

- Concentrate better
- Make fewer mistakes
- Do better on tests
- Are tardy or absent less often

How can breakfast do all that? It feeds the brain, providing much-needed energy after a long night of not eating. Make sure your child eats breakfast every morning!

### Mix-It-Up Cereal

- 1 cup each of four or five low- sugar cereals
- 1 cup raisins
- 1/2 cup toasted sunflower seeds or nuts



Mix all together. Store in snack-size resealable bags.

Keep some baggies of Mix-It-Up Cereal in the car so you don't give in to high sugar snacks. Or put some in a bowl and add milk and fruit for a healthy breakfast.

### What's In Your Cereal?

Many kids' cereals are high in sugar. Some servings have 12-16 grams (3-4 teaspoons) of added sugar—too much! Your child's sugar allowance for the entire day is only about 10 teaspoons.

Cereal	Amount	Grams of Sugar
Oatmeal, cooked	1 cup	1 gram
Cheerios	1 cup	1 gram
Kix	1-1/3 cup	2 grams
Crispix	1 cup	3 grams
Wheaties	1 cup	4 grams
Corn flakes	1 cup	2 grams
Total	3/4 cup	5 grams
Rice Krispies	1-1/4 cups	3 grams
Chex, corn, wheat or rice	1 cup to 1-1/4 cups	3 grams 2 - 3 grams

**Just Do It!**

No time for breakfast? Ask y what they'd like for breakfast before. Then fix it together so it's ready for the next morning. Try to include food from at least three sections of MyPlate.



- Make a fruit-yogurt smoothie and store in the refrigerator. Next morning, put in a travel cup, grab a bagel and go!
- Make French toast or pancakes on the week-end. Freeze leftovers. During the week, heat in toaster, serve with milk and fruit.
- Oatmeal takes just three minutes in the microwave. Measure it into a bowl the night before. In the morning, add twice as much milk as oatmeal and microwave three minutes.
- Make scrambled eggs the night before. Cook in skillet by pouring into large round cookie cutter, biscuit cutter or wide-mouth jar ring. Store cooked eggs in refrigerator. In the morning, heat for 30 seconds in the microwave. Put between toasted English muffin halves. Include a fruit and a glass of milk.



**Parent's Corner**  
 Energize Your Life!  
 Eat Healthy—Be Active

REMEMBER... your children copy you and do whatever you do. They look up to you for guidance every day. So eat healthy foods and make time for physical activity. Be a healthy model for your whole family.



so play together!

**Families On The Move!**

Kids need to be active 60 minutes a day. Adults need 30 to 60 minutes of daily activity

- ◆ Gather your children together and make up active games. Let even the littlest ones contribute ideas. Play the new games and give them funny names.
- ◆ Turn on some music and dance around the house. Act silly together.
- ◆ Do a favorite activity after dinner before settling down for homework or other sedentary activities. A brisk walk or bike ride will boost metabolism and give you energy for the evening. Even if you feel too tired to exercise, try to do so— activity often gives you more energy afterwards.



Feed their heads. Fuel their bodies. Fill their hearts.

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