

provided by UMass Extension Nutrition Education Program

Start Smart

Rev Up your Students
Engine's with Fuel for
Success !

Proven Benefits of Eating A Wholesome Breakfast

Performance

1. Fewer mistakes in math and problem solving
2. Better test scores
3. Improved memory and speed in cognitive tests
4. Improved attention
5. Improved attendance and punctuality
6. Better concentration
7. Improved behavior
8. Fewer disciplinary actions needed
9. More energy

Health

1. More likely to consume adequate vitamins and minerals (1/4 of the essential nutrients are consumed during breakfast)
2. Lower BMIs (body mass index)
3. Fewer empty calories consumed later in day
4. Fewer trips to the Nurse

Components of a Healthy Breakfast

Strive for at least one food from each of the following groups:

1. Milk Group (milk, yogurt, cheese) or Meat and Bean/Nut Group
2. Fruit Group or Vegetable Group
3. Grain Group (bread, muffin, cereal, tortilla, oatmeal, cracker)

Bottom Line : Hungry or undernourished children have a tougher time in school. Success in school begins with Good Nutrition.

Breakfast Ideas

- Eggs, Milk, Fruit, and Whole Grain Toast
- Yogurt, Fruit, and Granola
- Peanut Butter and Jelly on Whole Grain Bread
- Whole Grain Waffles, Pancakes, English muffins with Fruit and Milk
- Oatmeal made with Milk and Fruit
- PB and Banana on Whole Grain Bread
- Burrito (eggs, cheese, salsa, whole grain tortilla)
- Fruit Smoothie (yogurt, fruit, milk)
- Whole Grain Cereal with Milk and Fruit
- Grilled Cheese on Whole Grain Bread with Fruit
- Leftovers - pizza, casserole

Breakfast On the Go

- Trail Mix, Fruit, and Milk
- Cereal Bar and 100% Fruit Juice
- Whole Grain Muffin made with Nuts and Fruit
- Yogurt (drinkable/ tube) and Crackers
- Fruit and Nuts
- Whole Grain Crackers/Toast with PB
- Dry Whole Grain Cereal and 100% Fruit Juice

