

## Breakfast is a Blast

Breakfast is the fuel that children need to get ready for their day. It is important for children's learning as it helps them focus better at school. A balanced breakfast includes foods from at least 3 of the 4 food groups from Eating Well with Canada's Food Guide. Include a variety of different foods for breakfast every day to help ensure that children get enough of the energy and nutrients they need.

Try these nutritious breakfast ideas:

- Cereal (e.g. multigrain, wheat or oat), milk, berries
- Grilled cheese sandwich, an apple, 100% fruit juice
- Bagel, yogurt, banana
- Scrambled eggs in a whole wheat pita wrap, milk, fruit cup (in juice)
- When you're in a hurry, take along some fruit, low-fat cheese, crackers, yogurt or cereal bars

For more information, call Toronto Health Connections at 416-338-7600 or visit [www.toronto.ca/health](http://www.toronto.ca/health) (see A-Z index, Nutrition—Nutrition Matters).

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