

# Breakfast: A Healthy Start to the Day



## Eating breakfast every day

- Gives an energy boost to start the day
- Helps increase memory and concentration
- Helps children and youth feel and act their best
- Helps keep children and youth healthy
- Limits eating and drinking unhealthy snacks between meals
- Models the habits you want your children to have such as eating fruits, vegetables, and whole grains

### TIP

For more healthy breakfast ideas visit [MaineSNAP-Ed.org](https://MaineSNAP-Ed.org)

## Not hungry in the morning? Start small, try:

- A cup of plain yogurt or cottage cheese
- A piece of fruit
- A slice of toast with nut butter
- A toasted English muffin with a slice of cheese

## Keep it simple, keep it delicious

- Trail mix of raisins, nuts, and cereal
- Oatmeal with cinnamon and applesauce
- A waffle or pancake with blueberries
- An English muffin with a slice of ham, egg, and cheese
- A raisin bran muffin and banana