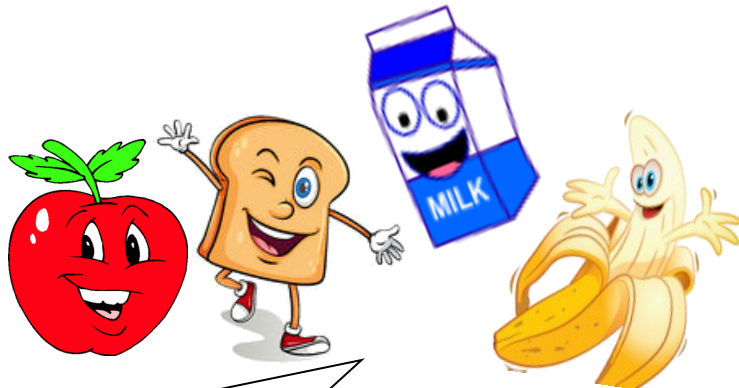


Healthy Breakfast = 1/2 cup Fruit (1/2 cup juice or 1/2 whole fruit)
+ 1 Meat or Milk Option + 1 Whole Grain Option

In general, kids and teens who eat breakfast have more energy, do better in school, and eat healthier throughout the day. Without breakfast, people can get irritable, restless, and tired. So make time for breakfast — for you and your kids!

Information from: <http://kidshealth.org/en/parents/breakfast.html>



**Make breakfast a family meal whenever you can:
Shared meals provide valuable opportunities to
reconnect. And they're usually healthier too!**

Information from: <http://kidshealth.org/en/parents/breakfast.html>



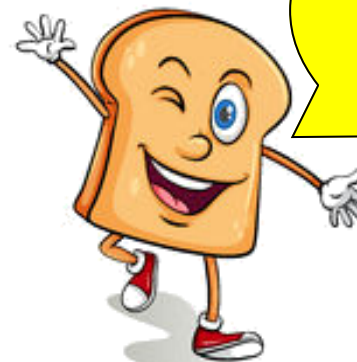
Contact us at: MHSI@montefiore.org or 347-418-4738

*Is it really true
that "breakfast is the
most important meal
of the day"?*



What's the
HYPE about
BREAKFAST?!

Breakfast is indeed a very important meal. A good breakfast fuels you up and gets you ready for the day.



Skipping **breakfast** can make **kids** feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal. Information from: <http://kidshealth.org/en/parents/breakfast.html>

Fruit:

SERVING SIZE: 1/2 cup serving of whole fruit or 1/2 cup juice

Note: Recommended amount of juice per day is 4 oz. for children 6 years and under and 8 oz. for those 7 years and older. **It is always best to eat the whole fruit than drink the juice of a fruit.**

- 1 small banana (6 inches)
- 1 small apple
- 1/2 cup cut up fruit
- 1/2 cup or 16 grapes
- 4 oz. fruit cup or applesauce containers (no sugar added)
- 1/2 cup mandarin oranges (fruit juice sweetened)
- 1 small orange
- 1/2 cup berries



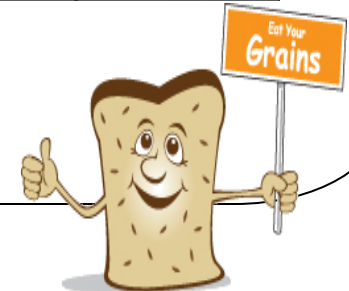
Vegetable and Fruit		
1 cup of salad greens		baseball
1 baked potato		Fist
1 medium fruit		baseball
1/2 cup of fresh fruit		1/2 baseball
1/4 cup of rasins		large egg



Grains:

- 1/2 to 1-cup whole grain cereal
- 1/2 cup Oatmeal
- 1 whole grain waffle
- 2 small whole grain pancakes
- 1 small whole wheat Tortilla
- 1/2 large whole-wheat bagel
- 1/2 whole wheat English Muffin
- 1 Piece of whole wheat bread toasted

Grain Products		
1 cup of cereal flakes		Fist
1 pancake		Compact Disc
1/2 Cup of cooked rice, pasta, or potato		1/2 baseball
1 slice of bread		Cassette Tape



Dairy and Cheese		
1 1/2 oz. cheese		4 stacked dice
1/2 cup of ice cream		1/2 baseball
1 tsp. margarine or spreads		1 die

Meats and Alternatives		
3 oz. meat, fish, and poultry		deck of cards
3 oz. grilled/baked fish		checkbook
2 Tbsp. peanut butter		ping pong ball

Milk or Meat/Bean

- 6-8 Oz. Low-fat or Fat free milk
- 1 Scrambled Egg
- 1 Oz. slice of Turkey, Chicken, or Ham

