



Steps to a Healthier Me

- A family newsletter -

JUMP-START YOUR BRAIN

Your child may be hungry after skipping breakfast. Starting the day without breakfast decreases attention span and the ability to concentrate. **Children who eat breakfast have higher school attendance, concentrate better and solve problems more easily. They also perform better on school tests.**

BREAKFAST EQUALS BETTER NUTRITION

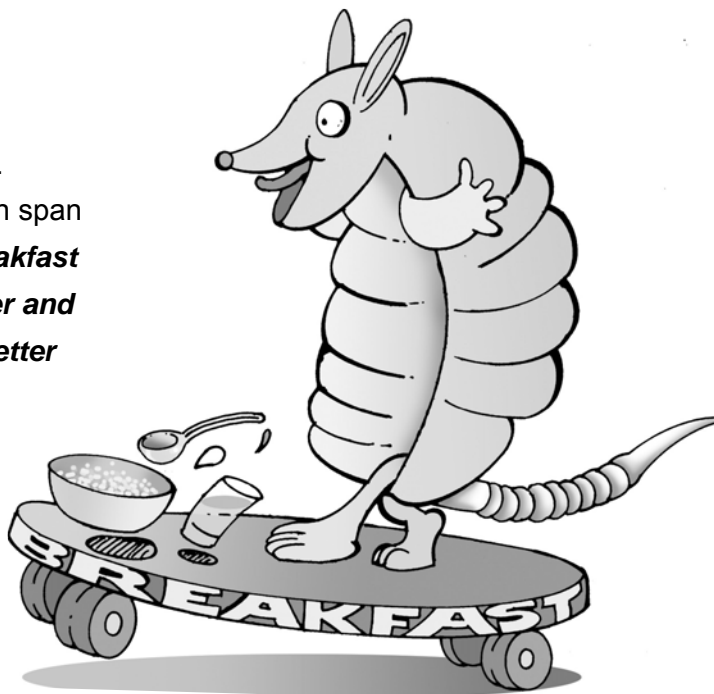
Compared to those who skip breakfast, kids who eat breakfast are:

- more likely to have higher total nutrient intakes for the day,
- less likely to be overweight,
- more likely to get enough calcium, and
- less likely to visit the school nurse due to stomachaches and hunger pangs.

BREAKFAST CAN FIT

Get your child up 10 minutes earlier or leave the television off in the morning to make more time for breakfast. If your child is not hungry first thing in the morning, here are several ideas: Get dressed first so you can eat a little later, pack breakfast foods like yogurt and muffins to eat in the car, or let your child eat breakfast at school.

OSU Extension Service is bringing healthy eating to your child's classroom. Take-home newsletters will keep you up-to-date, and give you recipes and fun activities to try at home.



TRY FOR THREE!

For a breakfast that furnishes a variety of nutrients, include foods from at least three food groups. Here's one way to do it:

- whole-grain cereal with sliced strawberries (Grain Group, Fruit Group)
- low-fat milk for cereal (Milk Group)

QUICK BREAKFAST IDEAS

Don't run from breakfast. If your child needs to eat breakfast on the run, try these ideas:

- carton of low-fat yogurt with granola and fruit mixed in
- whole-wheat toast with peanut butter and a carton of low-fat milk
- toasted whole-wheat waffle with low-fat cheese and a box of 100 percent juice.

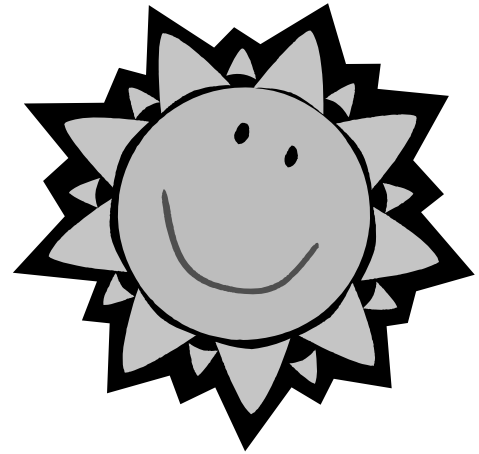
SUNSHINE SMOOTHIE

INGREDIENTS:

- 1 cup milk
- 1 cup orange juice
- 2 tablespoons sugar
- 2 large scoops of ice cream

PREPARATION:

Mix milk, orange juice, sugar, and ice cream in a blender or put in a large jar; cover and shake. Serve orange smoothie immediately. Makes about 3 cups of orange smoothie.



GRAB-AND-GO BREAKFAST SANDWICH

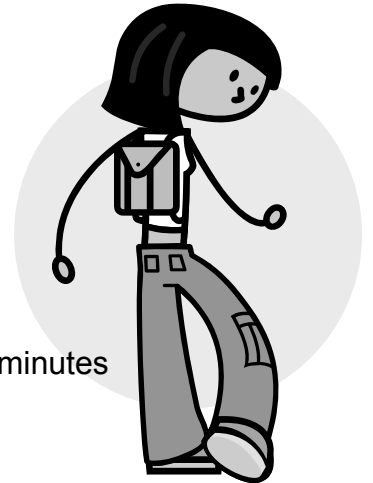
- 1 egg
- Salt and pepper
- 1 English muffin, split, toasted
- 1- 2% Milk Sharp Cheddar Singles
- 1 slice Turkey Bacon, cooked, cut crosswise in half

SPRAY small skillet with cooking spray. Add egg; cook on medium heat 3 minutes or until set, stirring occasionally. Season with salt and pepper to taste.

SPOON egg onto muffin half; cover with 2% Milk Singles and turkey bacon. Top with remaining muffin half.

Nutrition Bonus:

The 2% Milk Singles in this grab-and-go sandwich is an excellent source of calcium. In addition, the egg is rich in vitamin A.



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