

# Breakfast...

can be as simple as a piece of fruit and a glass of milk or a bowl of noodle soup.



## A healthy breakfast...

- gives energy for the morning's work
- helps the body burn calories faster
- improves weight control
- increases intake of vitamins, minerals and fiber
- reduces risk for heart disease, diabetes and tooth decay

*"Having breakfast at school every day helps me because I won't have to be hungry during language arts."*

**3rd Grade Student**

For more information about school breakfast and summertime feeding programs in your school and neighborhood, call the school office or dial 2-1-1 for 211 San Diego.

For information about children's medical and dental insurance, call 1-800-675-2229.



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DENTAL HEALTH INITIATIVE  
OF SAN DIEGO

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# Breakfast: The Way To Start Your Day!



## Breakfast can improve children's...

- school attendance
- class behavior
- desire to learn
- memory
- test scores
- math and reading
- graduation rates



## Breakfast helps adults'...

- work performance
- energy levels
- weight control

*"When I'm really hungry, I just put my pencil down and put my head down on my desk."*

**High School Student**

## Children who miss breakfast are more likely to...

- visit the school nurse
- be tardy or absent from school
- repeat a grade
- be overweight
- suffer dental disease

**"Breakfast lets them concentrate and learn."  
School Principal**

## Did you know? Breakfast skippers may have more...

- calories during the day
- risks for weight gain and obesity
- signs of diabetes and high cholesterol

People who miss breakfast are likely to snack through the day, especially on cavity-producing foods, and drink less milk than breakfast eaters.

Breakfast eaters can exercise longer, compared to breakfast skippers!

## Breakfast on the go:

- walkabout wrap-ups: thinly sliced meat and low-fat cheese rolled up in a tortilla
- breakfast pockets: pita bread stuffed with eggs, cheese, meat or tuna
- yogurt sundaes: low-fat vanilla yogurt topped with fresh or unsweetened canned fruit, then sprinkled with cereal
- mozzarella string cheese and whole-grain crackers
- fruit smoothie: fruit and milk or yogurt mixed in a blender (use frozen unsweetened fruit---extra frosty!)
- scrambled eggs or chopped hard-cooked eggs and salsa wrapped in a tortilla
- leftovers like stir-fry with rice, spaghetti or vegetable soup
- cold cereal and low-fat milk in a paper cup
- oatmeal and applesauce in a paper cup



- whole-grain bagel with peanut butter
- cottage cheese and unsweetened fruit