

Healthy Breakfast Items

Every morning children should engage in breakfast to help keep them energized and motivated to do well in school. In the USDA's Food Guide Pyramid, there are five food groups that are addressed. In order for children to eat, what is considered a "healthy breakfast," they must eat food items that are found in three of the five food groups. Below the five food groups are addressed along with examples of healthy breakfast choices under each group.



Fruit:

The fruit group is important because it contributes vitamin and minerals to your child's diet. Some health fruits would be apples, bananas, grapefruit, oranges, strawberries, grapes, raspberries, blueberries, watermelon, etc.



Grains:

Grains are important because it contribute complex carbohydrates to your children's diet. Some of the foods in this food group are whole grains, enriched breads, rolls, tortillas, cereals, bagels, rice, and pastas.



Vegetables:

The vegetable group is important to your child's diet because it contributes multiple vitamins and minerals. It is important to use dark green and leafy vegetables, such as spinach. Other examples of healthy vegetables would be broccoli, corn, cucumbers, tomatoes, and peppers. For example: 100% vegetable juice, mushrooms, asparagus, green peppers, tomatoes (in an omelet).



Meat and Beans:

This group is important because the contribute protein and many vitamins and minerals to your child's diet. Some of these foods in this food group are fish, legumes, egg whites, lean meats (fat-trimmed beef, lamb, or pork), etc. It is important that you are careful because foods in this group, although they may be easy to cook and delicious, they may not be the most nutritious.



Milk:

The Milk group is important because it supplies calcium along with vitamins and minerals. Fat free or 1% milk (cottage cheese, cheese, yogurt) and soy milk provides the most nutritional value.