

**Eat Smart:**

# Enjoy Breakfast Every Day!



**Kids learn better if they eat breakfast!**

Why should you eat breakfast?

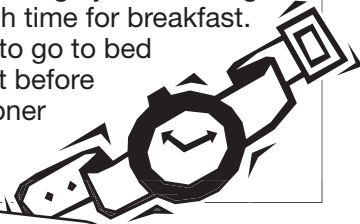
Not only does breakfast start your day with a smile, it:

- Fuels the body with needed nutrients
- Provides energy for an active day
- Gets you ready to learn
- Helps you keep a healthy body weight

**How do you start your day with a smile?**

By eating grin-ola for breakfast!

**Not enough time?**  
 Make sure to manage your morning to make enough time for breakfast. You may need to go to bed earlier the night before to wake up sooner in the morning.



**Make Healthful Choices**

When choosing breakfast, aim for variety. Do you know your MyPlate Daily Food Plan? Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to find out the amount of each food group kids and adults need daily. For breakfast, try to eat foods from at least three or four different food groups, such as grains, fruits and the dairy groups.

Try these quick, easy and great tasting breakfast ideas:

- ▲ Oatmeal with applesauce and a glass of low-fat milk
- ▲ Ready-to-eat cereal with milk and fruit
- ▲ Peanut butter and banana sandwich
- ▲ Bagel with cheese and 100 percent fruit juice
- ▲ Pita bread with yogurt and strawberries



Try this fun and simple recipe:

## Make-ahead French Toast

8 slices bread (1/2-inch-thick slices)  
 5 eggs  
 1 1/2 c. low-fat milk  
 1/4 c. sugar  
 1/2 tsp. vanilla

**Suggested toppings:**  
 Fruit, syrup or sugar-cinnamon mixture

1. Lightly grease a 13- by 9- by 2-inch baking pan. Cut each slice of bread into two even strips. Arrange bread strips in pan.
2. In large bowl, mix eggs, milk, sugar and vanilla with an electric mixer on low speed until well blended, five minutes.
3. Pour egg mixture over bread strips; cover. Chill four to 24 hours.
4. Preheat oven to 425 F. Bake until eggs are set and toast is lightly browned, about 30 to 40 minutes.
5. Serve with toppings of choice.

**Nutrition Tip:** Try using whole-wheat bread instead of white for more nutrients.

Makes four servings, about two slices each. Each serving has 330 calories, 9 grams (g) fat and 46 g carbohydrate.

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**NDSU** EXTENSION SERVICE

**Eat Smart. Play Hard.** For more information, visit [www.ndsu.edu/eatsmart](http://www.ndsu.edu/eatsmart). This website has information for parents and kids, including fun educational games and recipes.