

Enjoy Breakfast Every Day!

Why should you eat breakfast?

Not only does your 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

When choosing breakfast, aim for variety. Do you know your MyPlate Daily Food Plan? Visit <https://www.choosemyplate.gov/> to find out the amount of each food group kids and adults need daily.

Try these quick, easy and great tasting breakfast ideas:

- ▽ Oatmeal with applesauce and a glass of low-fat milk
- ▽ Peanut butter and banana sandwich on whole wheat toast
- ▽ Whole grain pita bread with yogurt and strawberries



Kids learn better if they eat breakfast!

Make sure and manage your morning to make enough time for breakfast!

September is National Childhood Obesity Awareness Month

The good news? Childhood obesity can be prevented. Communities, health professionals, and families can work together to create opportunities for kids to eat healthier and get more active.

We can all use this month to raise awareness about the obesity epidemic and show people how they can help work towards a solution.

Here are just a few ideas:

Encourage families to make small changes, like keeping fresh fruit within reach or going on a family walk after dinner.

Help teachers and administrators provide healthy food options and daily physical activities for students.

Ask doctors and nurses to be leaders in their communities by supporting programs to prevent childhood obesity.

Together we can make a difference!

