

# Break for Breakfast



## SIMPLE



### Keep it Simple

- Eat breakfast.
- Eat whole-grains (oatmeal, whole-wheat bread), and protein (nut butters, milk, eggs, yogurt, lean breakfast meat).
- Eat fresh fruits (papayas or bananas).

## SAVE TIME



### Brown Bag It!

- Eat breakfast at school. School breakfasts are inexpensive, nutritious and yummy!
- Pack breakfast and lunch with sandwiches and fruit.

## EAT ON THE GO



### Healthy Fast Foods

- Eat breakfast at school! It is quick!
- If you stop at a fast food restaurant, order a small size or share a larger size.
- Avoid fried and sugary foods.

## EAT IN THE MORNING



### Eat Mid-Morning

- Eat in the first few hours of your day.
- Eat a healthy snack on for a boost before lunch.

More Information on Healthy Breakfast at [Hawaii5210.org](http://Hawaii5210.org).

### Fuel for School

Breakfast leads to sharper focus, better memory, higher grades and improves mood!

### *Skipping Breakfast?*

National experts agree, eating breakfast is better than skipping it.

**Helps Keep a Healthy Weight** Breakfast provides even energy all day.

**Cereal Again?** Try these foods too! Chicken, rice, and noodles. Or try a new recipe!

### *How Much Sleep is Enough?*

Sleep helps children stay healthier and do well in school. Rested children will be ready to eat breakfast

**Preschoolers** (Ages 3–5)

**11 – 13 Hours**

**School-Age** (Ages 5–12)

**10 – 11 Hours**

**Teens**

**8.5 – 9.5 Hours**