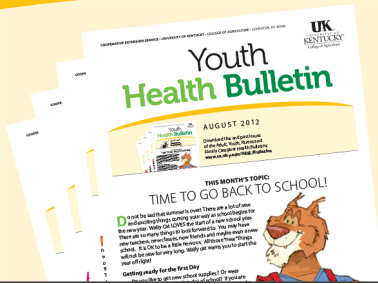


# Youth Health Bulletin



MARCH 2014

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## THIS MONTH'S TOPIC:

# RISE AND SHINE — IT'S BREAKFAST TIME!



**A**fter a long night's rest, it's time to get a little fuel for your body. Wally Cat knows that breakfast is very important and wants to share with you why he makes sure that he always eats "the most important meal of the day"!

### Why is breakfast so important?

Have you ever heard that breakfast is the most important meal of the day? It's true. Breakfast is very important for you. Eating a healthy breakfast can help you do better at school. A healthy breakfast can also help give you energy to go out and play. In general, when you eat a healthy breakfast, you tend to eat better all day long.

### What is a healthy breakfast?

Wally Cat occasionally enjoys a doughnut for breakfast. He knows

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# Eating a healthy breakfast can help you do better at school and give you energy to go out and play.

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that it is a treat and that a healthy breakfast will start his day off right! Like other meals during the day, having a variety of foods is best. You want to include items like:

- **Whole Grains:** Examples such as whole grain toast, cereals or bagels are good choices.
- **Fruits:** Any type of fruit will do. Fruits are also an easy item to take with you and usually they do not have to be cooked.
- **Vegetables:** Yes, you could have vegetables for breakfast. Do you like tomatoes? Or how about a little green and red pepper with your eggs?
- **Low or non-fat dairy:** Milk is commonly seen during breakfast. You may also want to try yogurt and cheese.
- **Protein:** There are lots of protein choices at breakfast. Examples include eggs, lean meats and even peanut butter!

## Some traditional breakfast ideas include:

- Eggs and toast
- Cold cereal and milk
- Oatmeal or cream of wheat (hot cereal)
- Bagel or English muffin topped
- Fruit and yogurt



## Here are also some ideas for a little more creative breakfast:

- **Breakfast burrito:** Place some shredded cheese on a tortilla and warm in the microwave. Add a little salsa and roll it up to eat.
- **Breakfast dog:** Place peanut butter, a banana and raisins in a whole grain hot dog bun.
- **Yogurt parfait:** Layering fruit, yogurt and some granola or cereal in a cup; eat with a spoon.

Sometimes breakfast gets skipped because we oversleep. Has that ever happened to you? Remember that just because you are in a rush does not mean that you have to skip breakfast. Think about grabbing some fresh fruit or a yogurt as you are heading out of the door.

Wally Cat certainly agrees that eating breakfast is very important and that it is a great way to start your day!

## Word Scramble

GEGS: \_\_\_\_\_  
PPLAE: \_\_\_\_\_  
BLGEA: \_\_\_\_\_  
NAEUTP RETTUB: \_\_\_\_\_  
UYOGRT: \_\_\_\_\_

ANSWERS: Eggs, Apple, Bagel, Peanut Butter, Yogurt

Youth  
Health Bulletin

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