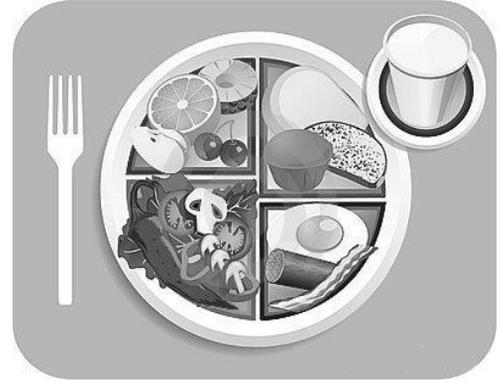


# Nutrition Highlights

## Energize with Breakfast

Welcome to HealthBarn USA, a place where families learn about the importance of living a healthy lifestyle and how-to make it happen at home. Eating a nutritious breakfast is encouraged as one of our seven Healthy Habits. Kids who eat breakfast do better in school, don't get in trouble as much and feel better! Mom was right! Eat your breakfast (this goes for grown-ups too!) because it really is the most important meal of the day. There are a variety of benefits you gain by including a wholesome balanced breakfast into your healthy lifestyle. It just takes some planning, time and tasty fun! We hope to inspire you to energize with breakfast to make everyday a healthy day!



### Healthy Breakfast Requirements:

- ✓ Lean Protein – helps build muscles and reduce hunger.
- ✓ A Little “Healthy Fat” Omega-3’s – for brain power such as hemp seeds and flaxseeds.
- ✓ Calcium – for growing bones and strong teeth.
- ✓ Fresh Berries – high in vitamins and minerals to boost the immune system.
- ✓ Whole Grains for Fiber – helps fill you up and maintain a healthy digestive system.

### BENEFITS OF BREAKFAST FOR KIDS:

- Properly fuels your body with energy for a terrific day!
- Improves attendance because you have lots of energy. (1)
- Get a better grade on a test because you're paying attention in class (and not thinking about lunch at 10:00 a.m.).
- Boost your athletic skills so you can run faster, jump higher, and score more points in the game—because you feel strong!
- Enhances your mood and behavior.
- Maintains a steady blood sugar level, which helps you feel great.
- Helps maintain a healthy weight. (1)

### Breakfast Boycotters?

For those who are rushed:  
– reset your clocks!

For those who prefer TV to food:  
– turn off the TV!

For those who only want sugary cereal:  
– fix the grocery shopping routine, play the cereal detective game to make a new choice (page 2)

For the child whose parents don't eat breakfast:  
– fix the routine—yours that is!

# Play The Cereal Detective Game at Home!

## What You Need:

- Variety of five breakfast cereals (with varying sugar content)
- White Table Sugar
- Measuring Teaspoon
- Cereal Bowl



## How to Play:

1. Ask your child to guess the order of most-to-least sugars by looking at the front of the cereal box.
2. Next, have them line up the boxes based on their guesses, from the most-to-least sugar. Now let them do some hands-on detective work to find out if they were right!
3. Ask your child to look at the nutritional facts and point out the sugar content. Also, ask your child to locate 'sugar' in the ingredients list.
4. Now they have all the evidence they need to solve the mystery!
5. Given that one teaspoon equals 4 grams (g) of sugar, your child can show off their math skills and calculate the number of teaspoons of sugar in one serving of cereal, for example: 12g sugar ÷ 4g per teaspoon = 3 teaspoons sugar per serving.
6. Have them scoop the correct number of teaspoons per serving in the empty cereal bowl.
7. Let them try it with a few different cereals to see how sugar content varies and how good their guesses were.
8. When they're done analyzing all five cereals, have them reorder the boxes to reflect their detective work!

## What Kids Learn:

When they get to see how much sugar is added into some of their favorite cereals per serving, and when they understand that too much sugar (especially for breakfast) makes them feel crummy after it wears off and can affect their bodies in negative ways (mention cavities!), they get the message to make a healthier choice for their health.

## Put Together a Healthy Breakfast For School Days

<b>Monday</b>	Drizzle pure honey over low-fat Greek yogurt. Add raspberries and ground flaxseeds or hemp seeds.
<b>Tuesday</b>	Fill a whole grain tortilla with scrambled egg whites with veggies. Enjoy a handful of berries and a glass of low-fat milk or milk alternative.
<b>Wednesday</b>	Cook oatmeal, using old fashioned rolled oats, made with water or low-fat milk topped with berries and drizzled with flaxseed oil.
<b>Thursday</b>	Scrambled or soft-boil eggs (using omega-3 enriched eggs) with reduced-fat cheddar cheese and chopped spinach (or other veggie of choice) with whole grain toast, and 100% orange juice.
<b>Friday</b>	Spread pure almond or peanut butter on whole wheat bread sprinkled with ground flaxseed, served with a banana and low-fat milk or milk alternative.



**If you like these breakfast ideas, check out: *Appetite for Life*, Stacey Antine, Harper One.**

If you have any questions or comments about **Nutrition Highlights**, please contact us at [info@healthbarnusa.com](mailto:info@healthbarnusa.com) or call 201-444-2955.

### References:

1. Gail C. Rampersaud, Mark. A Pereira, Beverly L. Girard, Judi Adams, and Jordan D. Metz, "Breakfast Habits, Nutritional Status, Body Weight, and Academic Performance in Children and Adolescents," Journal of the American Dietetic Association 105, no. 5 (May 2005).