

Jump-Start the day with BREAKFAST!



Break the fast with a healthy breakfast!

Breakfast provides energy, important nutrients, vitamins and minerals for school and play. Eating breakfast prevents unhealthy snacking and overeating at the next meal. It has also been shown to improve memory and test grades.



Eat breakfast together!

- Children who eat with an adult that is important to them establish healthy eating routines.
- When people eat together, they eat healthier.
- A family meal doesn't have to happen at dinner time – breakfast offers a great chance to connect!

Breakfast ideas for on-the-go!

Banana Boat Sandwich

Spread 1-2 teaspoons of nut butter on a whole-wheat hotdog bun or pita and add 1 whole peeled banana. Serve with milk or soy beverage.

Swift Serve Breakfast

Combine 3 of these options to make a balanced breakfast:

- Oatmeal or bran muffin
- Milk or soy beverage
- Egg or nuts and seeds or low-sodium cottage cheese
- Slices of fresh fruit or berries



Crunch in a Bag

Put 1 cup of crunchy unsweetened cold cereal in a lunch bag. Add unsalted peanuts, sunflower seeds, raisins, dried banana chips or apple slices and shake! Serve with yogurt, milk or plain soy beverage.



Breakfast ideas for at home!

Banana Berry Smoothie

Put the following ingredients in a blender and mix well: 1 ripe banana; ½ teaspoon vanilla; ½ cup yogurt or soft tofu; ½ cup berries (may be frozen). Add water, milk or soy beverage to desired consistency and serve!

Hot or Cold Unsweetened Cereal

Add ¼ cup raisins and chopped nuts or ½ cup sliced fruit to your favourite unsweetened cereal. Serve with milk or fortified soy milk.

Quick and Simple Ideas

- Egg and veggie scramble (cook in the microwave for 1-1½ minutes)
- Whole grain pita stuffed with cottage cheese and sliced fruit
- Whole grain tortilla with tuna, chopped tomatoes and greens
- Whole grain bagel or bannock with ham and tomato
- Baked beans or sardines on whole grain toast; serve with a glass of milk, soy beverage or low-sodium tomato juice



Snack Attack!

Healthy Snacking with Canada's Food Guide

The Food Guide reminds us to eat mindfully and slowly, without distractions. Choose smaller portions - try not to eat directly from large bags or containers. Plan and prepare snacks ahead of time.

Include a variety of foods, such as:

Vegetables and Fruits

- Raw, canned or frozen

Protein Foods

- Cheese, yogurt or cottage cheese
- Hard boiled or devilled egg
- Bean dip or hummus
- Nuts, unsweetened nut butters, pumpkin or sunflower seeds

Whole Grain Foods

- Oatmeal, homemade granola or bars
- Bagels, muffins, crackers or pita bread
- Homemade muffins



Try these Combos!

- Cheese slices on whole wheat or rye crackers
- Peanut butter on celery with raisins on top
- Sliced tomatoes, cucumber and lettuce leaves on whole grain bread
- Peach or pear halves filled with cottage cheese



Crunchy, Crisp Foods

- Carrot sticks, raw turnip chunks, fresh peas in the pod, celery sticks, or radishes
- Apple wedges – try with peanut butter or sprinkle with cinnamon
- Air-popped popcorn sprinkled with cinnamon, herbs or parmesan cheese



At Home

- Whole grain English muffin topped with avocado or apple slices and melted lower fat cheese
- Sliced cucumber and red pepper with hummus or lower fat yogurt dip
- Lower fat cheese and whole gain crackers with cherry tomatoes
- Whole grain toast with peanut or no-nut butter and banana
- Lower fat yogurt topped with frozen berries and nuts

Thirst Busters – Take Back the Tap!

- Stay hydrated with tap water!
- Turn tap water into a refreshing work of art by adding fresh herbs, fruits or veggies



Food Allergies

Some food items on this handout may be restricted in schools and childcare settings where children may have life-threatening food allergies. Check with your school or childcare setting for policies and practices related to food allergies.

Prevent Choking in Younger Children

Do not give foods like nuts, whole hot dogs, popcorn, whole grapes, large pieces of raw fruit or hard, raw vegetables, peanut butter by the spoonful, chewing gum or hard candies, fruit with pits or marshmallows to a child under 4 years old.

Healthy Teeth

These foods are healthy but high in sugar or stick to the teeth, both of which can cause tooth decay. Try to eat them only with meals:

- Dried fruit: raisins, prunes, apricots, figs, etc.
- Homemade baked goods like cookies and granola bars

