

Get Going with Breakfast!

Do you look forward to breakfast like Winnie-the-Pooh?

“When you wake up in the morning, Pooh,” said Piglet at last, “what’s the first thing you say to yourself?”

“What’s for breakfast?” said Pooh. “What do you say, Piglet?”

“I say, I wonder what’s going to happen exciting today?” said Piglet.

Pooh nodded thoughtfully. “It’s the same thing,” he said. —A. A. Milne

Breakfast is the most important meal of the day. After sleeping all night, your body and brain need fuel to get going for another day. What you eat for breakfast in the morning does matter. You will feel better and have a better day if you eat a healthy breakfast. A healthy breakfast provides energy and will help you grow and stay well. A healthy breakfast will also help you learn and concentrate in school.

A healthy breakfast is a balanced breakfast. A balanced breakfast provides the right combination of nutrients. Nutrients help your body grow strong, develop, and stay healthy. A breakfast is balanced if foods are eaten from at least 3 of the 5 food groups.

1. A balanced breakfast contains food from the **Grains** food group.
2. A balanced breakfast contains food from either the **Vegetables** group or the **Fruits** group.
3. A balanced breakfast contains food from either the **Dairy** group or the **Protein** group.

If you eat an unbalanced breakfast or skip breakfast, you won’t feel or be your best. Lunchtime is a long way off, and your hunger will grow. You may get a stomachache or a headache. You may get upset easily or be tired and not want to play. It will be harder for you to do well in school.

There are a lot of healthy foods that can be served for breakfast. The morning meal doesn’t need to contain traditional breakfast foods. Mix it up some. Try pizza for breakfast or leftovers from dinner. Learn what different cultures eat for breakfast and try something new. A balanced breakfast can be put together with a variety of food-group choices.

Many benefits come from eating a balanced breakfast every day. Be good to yourself. Make it a habit to get your day off to a good start with a healthy morning meal. You might need to get up a little earlier to give yourself time to eat, but your brain and body will be glad you did.