

Nutrition Promotion and Healthy Lifestyles

Welcome to a new school year. This past year the Regina Catholic School Division developed an Administrative Application (9512) with respect to nutrition and healthy lifestyles. It is our hope to provide families with nutrition education and resources throughout the course of the school year to assist families with being able to access current information regarding nutrition and healthy lifestyles as they relate to our new Application. This information will be provided to families within school newsletters as well as through our school division web-site.

To begin the school year, our focus is on the importance of breakfast. Here's to a great school year that begins with eating a good breakfast.

Breakfast.....a great way to start your day!

Eat your breakfast. It's the most important meal of the day!" Why are we reminded of this over and over again? Well, imagine you're a car. Even when you are sleeping your body is still using food as fuel. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

Breakfast Ideas

Just like with other meals, try to eat a variety of foods, including:

- ✓ Fruit
- ✓ Vegetables
- ✓ grains (make at least half your grains whole grains)
- ✓ protein (meat, poultry, fish, eggs, dry beans, nuts, and seeds)
- ✓ dairy products (low-fat or fat-free milk, cheese, and yogurt)

Traditional breakfast ideas:

- ✓ cold cereal and milk
- ✓ hot cereal, such as oatmeal or cream of wheat (try some dried fruit or nuts on top)
- ✓ whole-grain toast, bagel, or English muffin with cheese
- ✓ French toast, waffles, or pancakes (try wheat or whole-grain varieties)
- ✓ yogurt with fruit or nuts
- ✓ scrambled eggs rolled up in a whole wheat tortilla with shredded cheese, green peppers and salsa
- ✓ fruit smoothie, such as a strawberry smoothie or shake made with fruit juice, fresh or frozen fruit such as berries or a banana and plain or fruit yogurt and skim milk powder

Other interesting options, but yummy:

- ✓ banana dog (peanut butter, a banana, and raisins in a long whole-grain bun)
- ✓ breakfast taco (shredded cheese on a tortilla, folded in half and microwaved; top with salsa)

- ✓ apple butter mixed with cottage cheese and cereal
- ✓ fruit and cream cheese sandwich (use strawberries or other fresh fruit) and a glass of milk
- ✓ grilled cheese sandwich and 100% fruit juice

Skipping Breakfast

Some kids skip breakfast because they sleep too late or because they think it's a way to stay thin. But skipping breakfast doesn't help people be a healthy weight and in fact, it is part of a normal growth pattern. However, individuals who skip breakfast tend to eat more calories throughout the day.

If you find yourself skipping breakfast because you're too rushed, try these quick breakfasts. They're easy to grab on the way out the door or can be prepared the night before:

- ✓ single servings of whole-grain, low-sugar cereal
- ✓ yogurt
- ✓ fresh fruit
- ✓ whole-grain muffin
- ✓ dried fruits, pretzels, crackers, and dry cereal

Need More Convincing?

Just in case you need more evidence that eating breakfast is the way to go, kids who don't eat breakfast have a poorer memory, reduced level of attention and concentration, get less iron (an important nutrient) in their diets, and are more likely to have a higher body mass index, which may be a sign that they may be overweight.

On the other hand, kids who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall. So tomorrow morning, don't run out the door on an empty stomach. Fuel up with **a healthy breakfast!**