

# Health Hints

## Rise and Shine with Breakfast



Breakfast provides energy and nutrients that both kids and grown-ups need to start their day!

- Mornings can be a busy time. Involve kids by having them set the table the night before.
- Set an example for your kids by eating a healthy breakfast yourself.
- Bored with cereal? Try mini pizzas on whole grain English muffins, grilled cheese sandwiches, scrambled egg burrito, or any favourite leftovers. Let your kids help plan and make their own breakfasts.
- Not hungry? Breakfast doesn't have to be eaten the moment everyone gets out of bed.

Plan enough time in the mornings to get ready first and then enjoy breakfast together. Set a daily routine, and the whole family will look forward to being refueled in the morning.

### Nutrition Questions?

Dietitian Services at HealthLink BC: Dial 811

<http://www.healthlinkbc.ca/dietitian/>

Canada Food Guide:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>



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