



simply healthy

from your Hannaford Dietitian

Fuel for School

Breakfast-the most important meal of the day (especially for kids)! Would you run your car with no gas? Don't let your kids go to school without the proper fuel! Here are some reasons why breakfast is so important for the growing mind.

- Studies show that children who eat breakfast regularly do better on cognitive tests than those who don't.
- Eating breakfast has been shown to help maintain a healthy weight. An ideal breakfast combines complex high-fiber carbohydrates with lean protein and healthy fat. Whole-grain cereals, breads and waffles give you the fiber you need to work toward your recommended daily amount of 17-31 grams. These slow- digesting carbohydrate choices keep you fuller longer, which helps you stay satisfied until your next meal. The right protein and fat help with this too.
- Breakfast sets the pace for a day of good eating all day long.

Easy, quick breakfasts:

- Kashi Instant Oatmeal, half a Chiquita banana
- Breakfast Banana Split (see recipe here)
- Smoothie-
frozen strawberries
Dannon Yogurt
1/4 cup Tropicana Orange Juice,
2 tablespoons flaxseed
- Whole-grain Kashi cereal, low-fat milk (cow, almond or soy) and berries
- Whole-wheat toast or Kashi 7-Grain Waffle topped with Promise Buttery Spread and berries, and 4-6 oz Tropicana Orange Juice

Breakfast Banana Split

Ingredients:

- 1 Chiquita banana
- 1/2 cup strawberries, sliced
- 1/4 cup blueberries
- 6 oz Dannon Lowfat Yogurt (any flavor)
- 2 tablespoons Bear Naked Granola

Directions:

- Peel banana; slice lengthwise. Place banana in serving dish and separate halves. Place half strawberries and blueberries on banana slices. Gently spoon yogurt over berries. Top with remaining berries; sprinkle with granola.



Interested in learning more? Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian