

Breakfast Blast

The value of a good breakfast for young child should not be undervalued. A child's body needs fuel after sleeping and growing so that they are energetic and alert for the day. If breakfast is missed, a child can end up missing out on vital nutrients like calcium that they may not catch up on later in the day.

When time is limited and children are going through a fussy stage, parents can find it a struggle to get children to eat a substantial breakfast!

The following hints may help:

- **If your child is not used to eating breakfast start with something light like fresh fruit, yoghurt or milk drink. As they get used to it, start including bread, cereal or other foods.**
- **Let them eat a little later in the morning, or just before you leave home for the day. If they don't eat much for breakfast, be sure to pack a healthy morning snack like fruit, a sandwich, plain or flavoured milk, yoghurt, cereal bars or cheese and crackers.**
- **Think outside the box! Cereal can be a good breakfast but other foods can be just as nutritious and easy to prepare if your child wants a change. Try a smoothie made with milk, fruit and yoghurt, corn on the cob or baked beans in a bowl.**

Here are some healthy and quick breakfast ideas

- Try crumpets, muffin splits or pikelets topped with peanut butter, banana or tomato sauce and cheese
- Muffins can be spiced up by adding grated vegetables or chopped dried fruit and nuts. Make a big batch and freeze them in portion sizes for easy use
- Make porridge in the microwave – put in some dried fruit or banana as it cooks
- Have a breakfast sandwich using toast – Edam cheese and tomato or peanut butter and banana
- Reheat leftovers from dinner the night before
- Make them a “power smoothie”: 1 sliced banana, 2 cups of trim milk, 150g pottle yoghurt, 2 tspns honey – blend until smooth – makes 2 glasses
- Milo made with milk or mixed into plain yoghurt
- Yoghurt frozen on a stick
- Baked beans with toast wedges is a quick nutritious breakfast

Try to be aware of what is in cereals your children want. Cereals that have a high percentage of sugar and no fibre will not sustain your child for very long. Try to steer them towards a cereal with less added sugar.

Healthy Nibbles for Tots

Nutrition and physical activity Information for Under 5s

For more information visit: www.cph.co.nz

Date: February 2005

Code/Reference: NUT0022i

Authorised by: Nutrition and Physical Activity Team