

How to Make Your Breakfast

Not Just For Kids

Try to have your kids (and yourself) consume a balanced breakfast that includes some carbohydrates, protein and fiber. Carbs are the main source of immediate energy for the body. While protein tends to kick in after the carbs are used up. Fiber helps provide a feeling of fullness, and combined with plenty of water, helps move food through your digestive system, preventing constipation.

Step 1: Starch

- Tortilla
- Whole-grain breads and muffins
- Whole-grain cereals
- Granola

Step 2: Protein

- Eggs, lean meats
- Nuts (including nut butters)
- Seeds
- Low-fat or nonfat dairy products (yogurt, cheese)

Step 3: Fruit

- Raspberries
- Apple
- Strawberries
- Banana
- Blueberries

Step 4: Vegetable

- Carrots
- Spinach
- Green onions
- Sliced bell pepper
- Leafy greens

Step 5: Water
