

Pointers For Parents

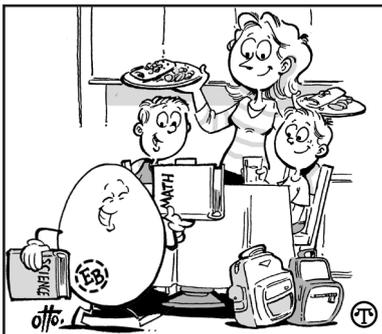
Breakfast Brain Food Is The Best Way To Start The Day

(NAPSA)—Buying the newest supplies may not be the best way to help your child succeed in school or at play. The best purchase may actually be the groceries stocked in the refrigerator, like healthy breakfast foods high in omega-3 fatty acids and choline for brain development, as found in Eggland's Best eggs.

The foods that kids consume affect their daily performance and parents can help them jump-start their day by ensuring they eat a nutritious and healthy breakfast. A recent research study conducted by the Journal of the American Dietetic Association found that children who suffered from decreased school performance were directly linked with unhealthy eating patterns. These children consumed a diet with low levels of highly nutrient-dense foods such as vegetables, fruit, fish and eggs.

Additionally, a study in the Official Journal of the American Academy of Pediatrics outlines the importance of a nutritious morning meal, linking skipping breakfast to weight increase in adolescent schoolchildren.

With three times more omega-3s and 10 times more vitamin E than the average egg, Eggland's Best (EB) is one of many nutrient-dense foods that can potentially



Unhealthy eating habits can negatively affect kids' school performance, so make sure they eat a nutritious breakfast.

help promote brain focus along with memory and cognitive functions in children throughout the day. Compared to ordinary eggs, EB eggs contain 25 percent less saturated fat, 19 percent less cholesterol (175 mg. vs. 215 mg.), 200 mcg. of lutein for eye health, plus provide 40 percent of a person's daily requirement of iodine. Here's a tasty recipe to make the most of this valuable brain food:

Eggland's Best Brainy Burrito

Serving Size: 1

Cook Time: 3-4 minutes

Ingredients:

- 2 Eggland's Best eggs**
- 1 whole wheat tortilla**
- 1 tablespoon refried beans**

- ¼ cup low-fat cheese**
- 2 tablespoons salsa**
- ½ avocado, sliced**
- Nonstick spray**

Preparation Method:

Spray nonstick skillet with cooking spray. Beat Eggland's Best eggs; pour into skillet and cook, stirring continually, until slightly set, about 2 minutes. Add cheese. Spread refried beans on tortilla. Cover with a damp paper towel and microwave for 30 seconds. Spread Eggland's Best egg and cheese filling down the center of the tortilla. Add salsa and sliced avocado. Fold one side of the tortilla over filling. Fold up bottom. Roll securely.

Don't let the morning time crunch tempt kids to skip breakfast.

Here are a few ways to save time:

- Pack schoolbags at night and set them by the door.
- Make bedtime fun and lay out clothes the night before.
- Get kids more enthusiastic about eating in the morning by asking them to help select some of their favorite foods.

For more information, visit www.eggland.com.