

A Tool Kit For Students To Build A Strong Body And Mind

(NAPSA)—Now that school has started and the shopping for new notebooks, backpacks and school clothes is nearly over, family life begins to change. Routines are adjusted and days become a bit more structured for children used to the carefree days of summer. While many families are turning to learning software or study aids to help children succeed, accessible brain-sharpeners are within arm's reach—the family refrigerator.

Growing bodies—and minds—need fuel to stay sharp and energized during busy school days. Starting off with breakfast in the morning helps ensure that children are fueled for an entire day of activities. Studies show students who eat breakfast have improved cognitive function, better math and verbal skills and higher creativity. Simple choices found in almost any home, such as a glass of 100 percent orange juice and a bowl of whole grain cereal, can offer brain-boosting benefits.

Breakfast helps BUILD a healthy body and a strong foundation for future success.

B—Breakfast. For the best start, make time for a nutritious breakfast that includes a glass of 100 percent orange juice. Breakfast is the most important meal of the day. Research suggests chil-



BRAIN SHARPENER—That's what a good breakfast can do for young students.

den who miss breakfast lose concentration by late morning and cannot work as efficiently. Breakfast helps to improve children's school performance, including their memory, problem-solving skills, verbal skills and creativity.

U—Unite. Use the morning as a time to unite and get together with your family. For many families, schedules are crazy. Breakfast may be the only time everyone can eat together. By establishing a regular routine at breakfast, children can form healthy eating habits and continue to make positive food choices throughout the day. It's also a great way for parents to be good role models by letting children see you make good choices.

I—Insist. To make sure children are performing at their peak

every day; insist on a good night's sleep. Experts say children need nine to 10 hours of sleep each night for optimal performance. The National Institutes of Health advises that inadequate sleep results in difficulties with focused attention, irritability and frustration.

L—Limit. Limit the consumption of sugary foods and beverages. Children need proper amounts of vitamins, minerals, proteins and calories to function on a daily basis and to grow at a steady rate. Cut down the number of sugar-laden food and soft drinks and substitute them for healthy choices instead, like 100 percent fruit juice, water, or fruits.

D—Drink early and often. Staying hydrated is another key to performing well. Besides water, 100 percent fruit juice is another great way to stay hydrated—and get some extra nutrients. One serving of 100 percent orange juice contains a full day's serving of vitamin C and is also a good source of potassium, folate and thiamin.

The tool kit for school success doesn't have to be filled with the latest high tech gadgets. Families can give children the best start and a brain boost simply by making sure they get the proper nutrition at breakfast each morning.