

Nutrition for Active Families

Make Breakfast A Daily Habit

(NAPSA)—Here's food for thought: Breakfast is widely known as the most important meal of the day, yet an ABC News poll found that nearly 40 percent of adults usually skip breakfast entirely. And more than half of all breakfast meals are consumed in 10 minutes or less, according to a study by The NPD Group, a provider of market research information.

Breakfast is particularly important for children as they head to school. Research shows that eating breakfast every day contributes to increased attention and performance. Specifically, a 2005 study featured in the Journal of the American Dietetic Association shows that breakfast consumption may improve cognitive function related to memory, test grades and school attendance.

Fortunately, nutrition consultant Elizabeth Ward, MS, RD and author of "The Pocket Idiot's Guide to the New Food Pyramids," says there are easy ways to squeeze breakfast into a busy morning routine.

"A simple way to ensure your family members are getting the nutrients they need at breakfast is to round out the meal with a glass of 100 percent orange juice, which is a natural source of key vitamins and minerals," she explained.

In fact, one serving of 100 percent orange juice is more nutrient dense than many commonly consumed fruit juices. But make sure the label reads "100 percent juice." Don't be confused by various orange "drinks" that are made to look like orange juice but contain very few nutrients and a lot of added sugar.

"Drinking just half a cup of 100 percent orange juice is an easy,



A glass of orange juice is one of the easiest and most nutritionally sound ways to start the day.

quick way to add one full serving of fruit to your family's diet," said Elizabeth Pivonka, Ph.D., RD, president and CEO of Produce for Better Health Foundation. "Include a glass in your breakfast, grab a bottle or fill up your favorite insulated to-go cup when on the run to increase your fruit servings and start your day on the right foot."

The morning is a busy time for families, but that does not mean you have to forgo good nutrition. Starting each day with a nutritionally balanced yet easy-to-prepare breakfast will give you and your children the start you need to sustain energy throughout the day and maintain an overall healthy lifestyle.

Ward also offers these ideas for quick breakfasts "on the go":

- A whole-grain piece of toast with peanut butter;
- A smoothie made with 100 percent orange juice and nonfat yogurt;
- One hard-boiled egg and half a small, whole-grain bagel;
- Hummus and whole-grain crackers;
- Low-fat cottage cheese and a piece of whole-grain toast.

For more information, visit www.floridajuice.com.