

Tips On Getting A Great Start To The Day



Experts say children who eat breakfast perform better in the classroom and on the playground.

(NAPSA)—As children return to school, it's important to start their day with a nutritious breakfast to help them succeed.

According to the Academy of Nutrition and Dietetics, children who eat breakfast perform better in the classroom and on the playground, with better concentration, problem-solving skills and eye-hand coordination. Also, kids who skip breakfast get sleepy at school and tend to eat more junk food later in the day.

Healthy Morning Options

Making your busy mornings healthier can be as easy as opening your freezer or refrigerator door, say the experts at the National Frozen and Refrigerated Foods Association.

Frozen and refrigerated foods are quick and easy, tasty and nutritious and can help you and your family start the day in a very good way. Even if you think you don't have time to eat breakfast, here are some quick and healthy options to consider:

- Fill toasted waffles with peanut butter and jam for a unique breakfast sandwich.
- Create a yogurt parfait by layering your favorite yogurt, fruits and granola.
- Make a tasty shredded cheese

and veggie omelet and serve with precooked turkey sausage.

- Top pancakes with bananas, drizzle with chocolate syrup and serve with a glass of skim milk.

- Mix nonfat yogurt, frozen berries, skim milk, juice and bananas for a delicious smoothie.

- For quick grab-and-go meals, have readily available string cheese, a variety of yogurts, a selection of fruit juices, and breakfast sandwiches that are ready to heat and eat in minutes.

For an easy, healthy breakfast treat, try this waffle recipe to get your family off to a great day.

A Perfectly Healthy Breakfast

Whole-grain frozen waffles

Maple syrup

Bananas, sliced

Strawberries, sliced

Blueberries

Orange juice

Toast waffles as directed and top with syrup and fruit. Serve with orange juice.

For more tasty recipes and information on frozen and refrigerated foods, visit www.EasyHomeMeals.com, and on Facebook, "like" www.facebook.com/EasyHomeMeals.