

# Nutrition & Health news for families

## *Fuel Up with Breakfast!*

With the holiday season here, you and your family may be busier than normal - but don't skip the most important meal of the day! These easy and nutritious breakfast ideas will give your family the boost of energy they need to start the day.

- Grab some almond butter or peanut butter, spread it on whole wheat toast and grab a piece of fresh fruit to complete your breakfast.
- Low-fat or fat-free milk, a nut mix, and a piece of fresh fruit. Try preparing small bags of a nut mix ahead of time so you can grab it and go.
- Greek yogurt and fruit. Put together containers of Greek yogurt and fruit ahead of time so in the morning you can grab it and go.
- Overnight oatmeal: Mix oats with low-fat milk or Greek yogurt in a jar the night before. Turn up the flavor by adding nuts, honey, cinnamon, or cocoa powder, berries, bananas, or raisins, and let it sit overnight.
- Spread some peanut butter on a whole wheat flour tortilla and roll it up with a banana.

For those days that you have a little more time on your hands, check out [funnyfoodart.com](http://funnyfoodart.com). This site has cute ideas for breakfast meals that will put a smile on your child's face. He or she may also enjoy creating "food art" with you! Remember, children are more likely to try new foods and eat more, if they help prepare the meal.

