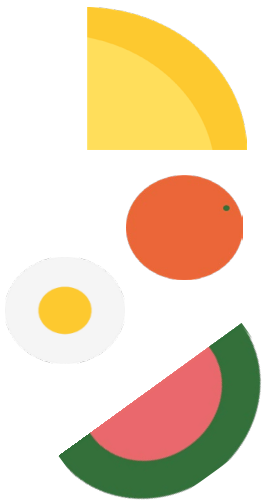


Why breakfast matters

A breakfast factsheet for parents/carers of secondary school aged children



A healthy breakfast for my child

Mornings can be a stressful time as a parent or carer, and it's not always easy to get young people to eat breakfast. So, why does your child need a healthy breakfast?

Why is a healthy breakfast important?

Healthy breakfasts provide important nutrients for young people's health and development. But many young people, especially girls, skip breakfast and this can make it harder for them to get all the nutrients they need.

Studies suggest that having breakfast can benefit young people's health, body weight and learning.

What do healthy breakfasts provide?

Healthy breakfasts can provide important nutrients for young people including:

- ✓ **Carbohydrate** for energy to support growth, activity and learning
- ✓ **Protein** for healthy muscles and for bone development
- ✓ **Fibre** for gut health
- ✓ **Calcium** for healthy bones
- ✓ **Iron** for brain development

Many young people, especially girls, have low intakes of some vitamins and minerals, including iron and calcium.

Ideas for healthy breakfasts

A healthy breakfast doesn't have to be complicated or take a long time to prepare. It's a good idea to include starchy foods like wholegrain breads or breakfast cereals, some fruit or vegetables, some dairy or protein foods and a drink – water and milk are best.

If time is tight to have breakfast at home, then breakfast clubs at school are a good option – talk to your school for more information.

If you'd like to find out more about healthy breakfasts, take a look at the **Good Breakfast Guide** on our website: <https://bit.ly/NSchoolBreakfastWeek>

Breakfast ideas to try at home:

- ✓ Wholemeal bagel with reduced fat soft cheese and sliced fruit
- ✓ Wholegrain cereal with sliced banana, raisins and milk
- ✓ Wholemeal toast with baked beans and sliced pepper
- ✓ Wholemeal roll with sliced boiled egg, cherry tomatoes and orange segments
- ✓ Porridge or overnight oats with frozen berries or dried fruit

Some of these could also be prepared at home to 'grab and go'!