

Preventive Cardiology Program

HEALTHY HEART SERIES



**Boston
Children's
Hospital** | **Heart
Center**

Until every child is well™

Start your day off right — include breakfast every day!

Breakfast literally means “breaking the fast.” Breakfast jump starts our metabolism by giving our body the energy and nutrients that it needs. Children who eat a healthy breakfast are also likely to concentrate better in school and be more physically active.

Tips for including breakfast

- Be a role model for your child or sibling by taking a family approach.
- Provide options that are easy to grab as they head out the door.
- Prepare the night before by setting out flatware and shelf stable foods.
- If you're able, take 15 minutes in the morning to sit down at the table.
- Don't be afraid to have dinner for breakfast; it's often more nutritious than breakfast available outside the home.



Breakfast ideas

- 0% Greek yogurt with a whole grain snack bar and ½ cup strawberries
- trail mix: ¼ cup sunflower seeds, ¼ cup dried fruit, 1 cup high-fiber cereal squares
- 0% cottage cheese with light fruit cup and ¼ cup of sunflower seeds
- ½ whole wheat bagel with smoked salmon and reduced-fat cream cheese, lettuce and red onion
- 1 low fat cheese stick, 1 cup melon
- small portion of cheese with dried apricots and 1 whole wheat English muffin
- 2 slices of whole wheat bread with natural peanut butter and an apple
- frozen fruit smoothie: mix 1 cup 0% Greek yogurt, frozen berries, and skim milk with ice, blend
- hard boiled egg, handful of nuts, and ½ cup of grapes
- breakfast burrito with scrambled eggs, black beans, salsa, sliced avocado on a whole wheat tortilla
- 1 cup of whole wheat cereal with 1% or skim milk, top with berries or ½ banana
- 1 whole wheat mini-bagel with almond butter and raisins sprinkled on top; pair with a glass of skim milk

For specific questions about nutrition or exercise, please contact Skylar Griggs, MS, RD, LDN, clinical nutrition specialist, at 617-355-4329

For more general information about our Preventive Cardiology Program, call Boston Children's Heart Center at 617-355-0955 or go to bostonchildrens.org/hearthealth