

Start Each Day Off Healthy This Summer

America's Breakfast Council Offers Parents Tips To Make Breakfast Part Of The Morning Routine

(NAPSA)—The summer season is here and parents and children alike are adjusting from the “school year shuffle” to an equally busy, but often less-structured schedule. Summertime means juggling work commitments with outings and taking children back and forth between camp, swim lessons and soccer practice. Amidst such hustle and bustle, one important morning activity often falls by the wayside—eating breakfast.

According to a review of breakfast research published in the May issue of the *Journal of the American Dietetic Association* (JADA), breakfast consumption should not be overlooked, especially when it comes to children. This comprehensive assessment of scientific data suggests that breakfast consumption positively contributes to meeting a child's recommended daily nutrient intake, and regular consumption of breakfast may be associated with a more healthful body weight.

Compiled by America's Breakfast Council (ABC), a think tank of health professionals dedicated to demonstrating the benefits of a nutritious, well-balanced breakfast, these findings also show that children and adolescents who eat breakfast may have enhanced memory function. America's Breakfast Council is preparing parents for the summer change in routine and is stressing the importance of making time for a healthy breakfast.

“Parents need to make eating a healthy breakfast part of their children's morning ritual,” states ABC member Gail Rampersaud, M.S., R.D., “by ensuring they eat a nutrient-rich meal packed with



A nutrient-rich breakfast that includes 100 percent orange juice provides the balanced nutrition a child needs to get the day off to a healthy start.

whole grains, protein and fruit or natural fruit juices. For example, a breakfast of yogurt with granola and a glass of 100 percent orange juice provides the balanced nutrition a child needs to get his or her day off to a healthy, energized start.”

Six Steps To A Healthy Start

Although many parents struggle to make breakfast routine, it needn't be difficult or time-consuming. In fact, according to ABC, eating breakfast can be a quick, healthy activity for you and your child. The following six tips will keep your morning schedule and week on track during the summer:

1. Take care of yourself. Wake up a little earlier than the

rest of your family so you have more time to prepare for the day. With a little luck, you may even get to read the newspaper as you eat breakfast yourself!

2. Plan ahead. A simple breakfast only takes five minutes. Set out a cereal bowl and juice glass the night before. Keep breakfast items in the same place in the fridge or cabinet—that way you just have to grab and go in the morning.

3. Stock up. To avoid the morning rush, stock your refrigerator and freezer with healthy options. A small box of whole grain cereal and a single-serve carton of 100 percent fruit juice taken on-the-go are healthy breakfast items that will help manage morning madness.

4. Delegate tasks. Spice up your morning routine by letting your children run the show and serve breakfast. For example, one child can be the “host/hostess” and set the table, another can be the “head chef” and serve the food, and one can be the “waiter” and clean up after the meal.

5. Talk to your children. Make sure your child understands the importance of eating breakfast and work together as a team to decide what to serve each morning.

6. Stay calm. Don't panic if you are running short on time. Give your children a granola bar topped with peanut butter and a “to-go” glass of 100 percent fruit juice to take on their way out the door.

For more information on America's Breakfast Council or the benefits of including healthy foods to start your day, visit www.FloridaJuice.com.