

Nutrition for Active Families

A Healthful Way To Send Kids Off To School

(NAPSA)—As families return to routine with the start of a new school year, they should prioritize starting the day off with a hearty breakfast for its many healthful benefits.

A daily, nutrient-rich breakfast can help build the body, nourish the brain and jump start the day for parents and their kids. For example, vitamin C, an essential nutrient found in such breakfast foods as orange juice, can help support a healthy immune system for kids.

Most importantly, eating breakfast can get your family off to a great start to meeting the United States Department of Agriculture (USDA) 2005 Dietary Guidelines—recommended four servings, or two cups, of fruit a day based on a 2,000-calorie diet. Unfortunately, most children consume half or less of the recommended fruit servings, according to a 2006 study in the *Journal of the American Dietetic Association*.

Author of “The Pocket Idiot’s Guide to the New Food Pyramids” and mother of three, Elizabeth Ward, RD, offers simple solutions for getting more of what you need in the morning and throughout the day. “Including 100 percent orange juice in your breakfast can give you a jump start on your day’s fruit goals,” she said. “Each 8-ounce glass provides two fruit servings [one cup], plus it is an excellent source of vitamin C as well as a good source of important nutrients like folic acid and potassium.”



One 8-ounce glass of orange juice provides two fruit servings.

Five Fruit-Filled Tips

Here are additional ideas from Ward on adding more fruit into your daily diet:

1. Choose 100 percent juice at breakfast like Tropicana Pure Premium, which is squeezed from fresh fruit, has no added sugars and provides key nutrients like vitamin C that can help support a healthy immune system.

2. Add in-season fruit—such as berries, cut peaches or banana slices—to your morning bowl of oats or cereal for some zest.

3. Create a nutritious breakfast trail mix by combining a variety of dried fruit, nuts and cereal. This easy, on-the-go option can also double as a light snack.

4. Blend a delicious sunrise smoothie with your favorite fresh or frozen fruit (strawberries, bananas and/or raspberries) and a cup of 100 percent orange juice.

5. Assemble breakfast fruit kebabs using pineapple chunks, bananas, grapes and berries.

Learn More

See additional tips and ideas on the health benefits of breakfast at Tropicana.com.