



September Newsletter

The Most Important Meal of the Day

Not Having Breakfast? Barriers and Solutions:

1. **Lack of time:** Prepare food the night before. Create a routine such as preparing breakfast at night and/or eating breakfast together as a family.
2. **Minimal morning appetite:** Bring breakfast to school, or have a light breakfast and pack a mid-morning snack.

Food Considerations for a Healthy Breakfast:

1. **Protein** is a prerequisite for growth. Children are in a relative state of constant growth, therefore protein is in high demand.
2. **Carbohydrates** are the main source of energy needed to fuel daily activities and provide a good source of fiber.
3. **Fat** helps provide children with sufficient calories and helps the growth and development of physiological functions.

Why is Breakfast Important for Children?

1. Improved **cognitive ability**, academic performance and scores on intelligence tests.
2. Proper **growth, immunity** and physical and mental **development**
3. Increased **attention** and **stamina**.
4. Reduced risk of becoming overweight or obese among children

Positive Behaviour and Environment

Providing environments and education that foster dietary quality and lifelong healthful eating habits is crucial to the wellness and achievement of children.

Eating breakfast with your child is an important home environmental factor, that is positively associated with children's breakfast consumption.

Over-Night Oatmeal Template:

All serving sizes are not "one-size fits all". They should be adjusted to your child's hunger and activity level.

Carbohydrates:

- Breakfast base: Oatmeal (quick, rolled or steel-cut)
- Possible Fruits: Apple, banana, berries, peaches, plums, pineapple, mango
- Possible Vegetables: Shredded zucchini, riced cauliflower



Protein:

- Nut butter, hemp hearts, chia seeds, ground flaxseed, protein powder, low-fat greek yogurt, skim/soy milk



Fat:

- Nut butter, hemp hearts, chia seeds, ground flaxseed, shredded coconut



References:

1. <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.921.6649&rep=rep1&type=pdf>
2. <https://academic-oup-com.ezproxy.library.ubc.ca/jn/article/148/5/729/4990754>
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4. <https://www-science-direct-com.ezproxy.library.ubc.ca/science/article/pii/S0882596316303803>