

# NUTRITION TIDBITS FOR TEACHERS

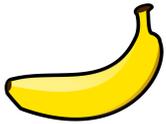
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## What to serve at BREAKFAST: Meal Requirements for Preschoolers

Research shows that children do better in school when they have had a healthy breakfast. We want to create a routine of eating breakfast when they are in preschool. A healthy breakfast has 3 parts.

## 3 parts of a balanced breakfast



### 1) Fruit and/or vegetable

- Fruits and veggies are full of vitamins and potassium.
- Children age 1-2 need to be offered
  - 1/4 cup at breakfast



### 2) Grain

- Grains provide B vitamins, fiber and energy.
- Whole grains are better for children, choose whole wheat options.
- Children age 1-2 need to be offered
  - 1/2 oz equivalent at breakfast
    - (i) 1/2 slice bread or 1/4 of a bagel
    - (ii) 1/4 cup cooked cereal or 1/4-1/2 cup dry cereal depending on type



### 3) Dairy

- Dairy foods are the best source of calcium and vitamin D.
- Children age 1-2 need to be offered
  - 4 oz of milk at breakfast
    - (i) 4 oz is 1/2 cup



### 4) Protein

- (1) Protein foods contain minerals like iron, zinc, magnesium and selenium.
- (2) Children age 1-2 CAN be offered a protein item 3 times per week instead of a grain.
- (3) 1 oz breakfast protein could be 1/2 egg, meat or tofu.