

Rise and shine, it's breakfast time

Your body and brain need food to start the day. Unless you have a midnight snack, which is not recommended, you have been without food for 10 hours or more. Eating breakfast has many benefits including: — Preparing you to listen, think and remember. — Helping you maintain a healthy body weight. — Providing energy for the morning's work or play. — Putting you in a better mood. — Helping you meet nutrition needs. Mornings are hectic and overscheduled already. A healthy breakfast doesn't have to take a lot of time. Choose quick and easy breakfast foods including foods from 3 different food groups. Five minute breakfast ideas: — Cold cereal with milk and fresh or dried fruit mixed in. — Whole wheat toast with peanut butter and milk or fruit juice to drink.

- Cheese melted on wheat bread and canned fruit.
- Instant oatmeal made with milk and dried fruit mixed in.

Breakfast on the go:

- Cereal in a bag, a piece of fruit with milk to drink.
- Sliced cheese, whole grain cracker and a piece of fruit.
- Hard boiled egg and whole grain crackers and fruit juice.
- Peanut butter sandwich with dried fruit or applesauce in it or fruit on the side and milk.

Visit the Charlotte County Health Department at [www. CharlotteCHD.com](http://www.CharlotteCHD.com) for links to more fun and healthy breakfast ideas. You can link through "WIC & Nutrition."

This good nutrition series is brought to you by the Charlotte County Health Department, WIC and Nutrition Department. Our vision is to have our community enjoy nutritious food, by helping you to make good nutrition fun! For more information, questions or comments call Sandy Brandt, RD, LD at 941-624-7212.