



Healthy Choices Count!

# MARCH

START YOUR DAY  
WITH BREAKFAST!

## WHY IS BREAKFAST IMPORTANT?

A healthy breakfast gives children the nutrition their body needs to start the day. Children who eat breakfast are more likely to do well in school, have an overall better mood, eat healthier during the day and have a healthy weight.



## WHAT MAKES A BALANCED BREAKFAST?

Try to have at least two different food groups as part of a child's breakfast. Here are some examples:

- **Protein:** Eggs, nuts or peanut butter
- **Grains:** Whole-grain cereal or oatmeal
- **Fruits:** Apple, orange, banana or berries
- **Vegetables:** Chop and add to scrambled eggs or include greens in smoothies
- **Dairy:** Low-fat milk or yogurt



## NATIONAL SCHOOL BREAKFAST WEEK

National School Breakfast Week (NSBW) celebrates the importance of a nutritious school breakfast in fueling students for success. Encourage students to eat breakfast at school by celebrating National School Breakfast Week March 6-10. The #NSBW23 theme is "Dig In To School Breakfast".

Learn about best practices for school breakfast (based on feedback from Iowa students) and check out these resources to make your NSBW a success:

- [NSBW Toolkit](#)
- [NSBW Activity Sheets and Coloring Pages](#)
- [Marketing and PR resources](#)



Learn more and access free resources: [iowahealthieststate.com/5210](https://iowahealthieststate.com/5210)



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