

# We BREAK for a Breakfast Everyday!

We offer a nutritious breakfast every morning at your child's school



Greenville County Schools  
Food and Nutrition Services

When we wake up from a night's sleep, our bodies have been fasting! The brain operates almost exclusively on blood sugar, especially in the short term. Therefore, adults and children need to eat something in the morning to replenish their blood sugar. Consuming energy before the day's activities also allows the body to refuel for the day ahead. **It is important to remember that mood and energy levels can drop by midmorning if the brain and body do not receive the fuel they need.** Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar will boost alertness, concentration, memory, and mood.



Greenville County Schools

For more information and ideas about wellness and nutrition visit our website [www.greenville.k12.sc.us](http://www.greenville.k12.sc.us)  
(Click on Departments tab; Locate Other Department Pages: Food and Nutrition)

## WHOA Foods



High Fat Doughnuts  
Sugary Cereals  
Candy Bars and Cookies  
Buttery Biscuits with Gravy  
Soda, Sweet Tea, and Coffees

## GO Foods



Whole Grain Waffle  
Low Fat Yogurt Parfait  
Milk, Water, and 100% Juices  
High fiber, low sugar cereal  
Warm Oatmeal Station

## Our Road to Wellness

We have explored all the sections of the Food Guide Pyramid and gathered some helpful information about making simple changes to improve our health!

- **Increase Your Intake with Fresh Fruits & Veggies**
- **Eat More Whole Grains**
- **Pick Beans & Lean Meats**
- **Choose Low-Fat Milk Products**
- **Reduce Fat and Salt**

Consume healthy portions from all parts of the pyramid and find time to exercise at least 30 to 60 minutes everyday!

## National Nutrition Month March 1-31, 2011

Breakfast served at school meets federal nutrition standards and provide  $\frac{1}{4}$  or more of the daily recommended levels for key nutrients for children. According to the Food Research and Action Center, children who eat school breakfast consume **MORE FRUITS, MORE MILK**, and eat a wider **VAREITY OF FOODS** than kids who have breakfast at home. In addition, research says that kids who eat breakfast at school **PERFORM BETTER ON** standardized **TESTS, INCREASE** math and reading **SCORES**, and **IMPROVE SPEED and MEMORY** in cognitive tests than children who eat breakfast at home. So, if your school serves breakfast, don't miss this opportunity to receive the nutritional and educational benefits of breakfast!