

BREAKFAST: ...



so what's in it for me?

Breakfast provides all people; infants, kids, and adults with the best start to their day. Here are some reasons why:

1. Your body needs to “refuel” its energy stores every day. Without breakfast your brain and your muscles will not have enough energy to sustain activity during the day.
2. Without breakfast, people are often more tired, irritable, and restless during the day.
3. Without breakfast, people do not stay as focused and have a harder time concentrating at school or work.
4. Without breakfast, your body often does not get enough nutrients and calories causing one to over eat later in the day.

(over for quick breakfast
Ideas)



April—June 2010

WIC WORKS NUTRITION NEWS

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Quick breakfast ideas:

1. Whole wheat cereal and fruit
2. Whole wheat bread with peanut butter
3. Scrambled eggs with whole wheat toast
4. Yogurt and fresh fruit
5. Trail mix with fresh fruit
6. A smoothie made from yogurt and fruit
7. Whole grain muffins, waffles or pancakes with milk.



WIC provides Breastfeeding Help & Support Call WIC @ 320-763-7805

Breastmilk is the perfect food for your baby:

- It helps fight infections and illness.
- It is easy for your baby to digest.
- It is less likely to cause food allergies.
- It is always warm and ready anytime.

DOUGLAS COUNTY PUBLIC HEALTH WIC

725 Elm St., Suite 1200

Alexandria, MN 56308

PHONE: 320.763.7805

This institution is an equal opportunity provider

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