

HPP Collaborative Team

Nutrition



You've got the power!

Breakfast is the most important meal of the day, however with busy mornings it's easy to skip it. It's estimated that 12 to 34 percent of children and adolescents regularly miss the morning meal. When you skip breakfast you put yourself at risk for not getting enough nutrients your body needs for growing. For youth participating in sports, breakfast is essential for optimizing performance.

Eat your breakfast! Increase your performance!

Breakfast counts!

5 Reasons You Need Breakfast

Energy - Along with sleep and exercise, breakfast is one of the best ways to recharge your batteries. It's the perfect opportunity to get energy-boosting carbohydrates like whole-grain bread, oatmeal and fruit, eggs with some vegetables and yogurt and fruits.



Improved concentration - Studies suggest that eating a healthy breakfast improves brain function — particularly memory and recall. This is essential for soaking up new knowledge and plying it later for a big exam.



Better grades - Research shows students who eat breakfast perform better academically. Breakfast supplies essential nutrients to the nervous system and improves brainpower.



Healthy weight - Teens may think skipping breakfast is a good way to save on calories and lose weight, but quite the opposite is true. Breakfast skippers tend to weigh more than those who eat breakfast regularly. Additionally, those who eat a morning meal tend to make healthier food choices throughout the day, which can positively impact weight and long-term health.



It tastes great! – This may be the most compelling reason to enjoy breakfast before a long school day. Be creative! Rock your breakfast!



To learn more visit:

Academy of Nutrition and Dietetics

<http://www.eatright.org/resources/for-teen>

<https://www.choosemyplate.gov/teens>

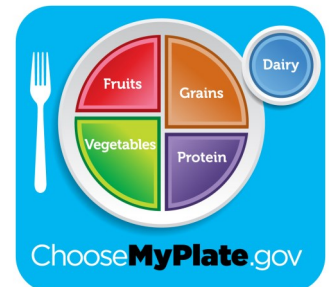
United States Department of Agriculture

<https://www.nal.usda.gov/fnic/teen-nutrition>

<https://www.supertracker.usda.gov/>

American Academy of Pediatrics

<https://www.healthychildren.org/English/ages-stages/teen/Pages/default.aspx>





Healthy snacks, especially fruits and vegetables are a great way to satisfy your hunger and provide all the vitamins and nutrients your body needs.

If you want to get your engine going eat healthy snacks!

Include fresh fruits and vegetables!

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Red Fruits and Vegetables



Keeps your heart healthy



Watermelon



Cherries



Strawberries



Red Apple



Red Raspberries



Potatoes



Red Peppers



Tomatoes



Red Onion



Beets



Kidney Beans



Radishes

Did you know ?

We have 5 color groups of fruits and vegetables? Each color provides different vitamins & minerals to help you grow and be healthy. The more colors you add to your plate, the more vitamins and minerals you get.

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Orange/Yellow Fruits and Vegetables



Helps your eyes to see well



Helps your body to heal



Carrots



Orange



Grapefruit



Pineapple



Mango



Corn



Yellow Pepper



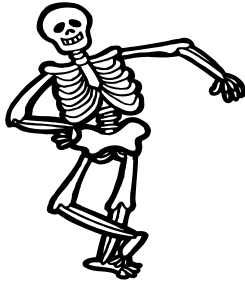
Squash



Cantaloupe

Did you know?

On average a person needs to try a new food up to 10 times before accepting it. So please don't give up if at first you don't like it. Give it another try later.



Green Fruits and Vegetables

Helps you
maintain strong
bones and teeth



Lima Beans



Green Pepper



Broccoli



Green Pear



Brussels Sprouts



Spinach



Green Grapes



Asparagus



Kiwi



Avocados



Peas



Green Beans



Green Cabbage



Green Apple



Helps you think and
remember

Blue/Purple Fruits and Vegetables



Black Beans



Raisins



Eggplant



Blackberries



Purple Grapes



Plum



Blueberries



Purple Cabbage



Keeps you
well

White Fruits and Vegetables



White Peaches



Brown Pears



Mushroom



Bananas



Garlic



White beans



Potatoes



Onions



Cauliflower

**Things to look for to
determine if a snack is a
healthy choice:**

- 1) Contains one or more food groups, for example yogurt dip with raw vegetables, carrots and humus or whole grain crackers and nut butter
- 2) Is not too high in calories, watch your portion
- 3) Contains little to no excess calories from added sugars, avoid sweets, try to choose fresh fruits instead of juice and drink more water if you are thirsty
- 4) Contains little to no excess calories from saturated fat, and is lower in sodium, try to skip processed fast food meals and snacks

Check this out!

BAM! Dining Decisions App



Play the interactive online version of the Dining Decisions game (<https://www.cdc.gov/bam/nutrition/game.html>) to show how you can make the best food choices at school, at home, or on the go. You can leave your feedback on the game by rating and reviewing the app.