



healthyfood@sport

Kids Brains Breakfast Ideas for Sport – Fact sheet



Breakfast is a great way to give the body and brain the refueling it needs to face the day. Kids who eat breakfast tend to eat healthier overall, are more likely to participate in physical activity and maintain a healthy weight. Having breakfast in the morning helps kick start body's metabolism and gets your body up and running.

Skipping breakfast can make kids feel tired, restless, or irritable. Their mood and energy may drop by midmorning. This can affect a child's performance on the sporting field as well as affect their growth and development.

How to Fuel Up with a Healthy Breakfast



Carbohydrates and Fibre

-Wholegrain cereals, muesli, brown rice, whole-grain breads and muffins, fruit bread, fruits and vegetables



Protein

-Lean meats, eggs, nuts, seeds, cooked dried beans and baked beans



Calcium

-Reduced Fat milk, yogurt, cheese, ricotta and cottage cheese



A balanced breakfast should include some carbohydrates, fibre, protein, and calcium. Carbohydrates are a good source of immediate energy for the body. Fibre helps provide a feeling of fullness and discourages overeating. When combined with adequate fluid intake, fibre helps move food through the digestive system, preventing constipation and lowering cholesterol. Calcium and protein are not only bullets for building strong bones but also helps repair and promote muscle growth after physical activity.

Suggested Breakfast ideas for Sport

- Raisin bread or fruit loaf, either plain or topped with ricotta cheese, and chopped strawberries or banana
- Wholegrain cereal with low fat milk and chopped fruit such as banana or berries
- Hot porridge with milk and dried fruit
- Yoghurt topped with a muesli style cereal and chopped or pureed fruit
- Baked beans with wholegrain toast and a small glass of diluted fruit juice
- Scrambled or poached eggs with toast and a glass of milk
- Wholegrain muffins with a slice of cheese and tomato and a piece of fruit
- Toasted bagels with avocado and a glass of milk
- Eggs on toast – even better with tomatoes, spinach and/or mushrooms
- Pancakes (wholemeal flour) with fruit
- Peanut butter on multi-grain toast
- Lean ham and low-fat cheese on multi-grain toast
- Wholegrain toast with a thin spread of jam or honey plus sliced banana and a small tub of yoghurt
- Fruit smoothies – simply blend milk, yoghurt, soft fruit (and optional a sprinkle of wheat germ or psyllium)
- Leftovers from the night before!

Acknowledgements

- Paediatric Oncall
www.pediatriconcall.com
- Kids Health
www.kidshealth.org
- Nutrition Australia
www.nutritionaustralia.org

To access the range of fact sheets and newsletters in this series please visit:

www.health.act.gov.au