

Food and Mood

Parent Workshop by WellKind School and Life Purposely

Breakfast Swaps

1. Sugary Cereal → Whole Grain Cereal or Oatmeal

- **Instead of:** Frosted Flakes, Froot Loops
- **Try:** Cheerios (plain or whole grain), oatmeal topped with fruits and nuts, or overnight oats.
- **Why:** Whole grain cereals and oats are higher in fiber and lower in sugar, giving kids steady energy.

2. Pop-Tarts or Toaster Pastries → Homemade Energy Bars or Toast

- **Instead of:** Pop-Tarts, Toaster Strudels
- **Try:** Whole grain toast with peanut butter and banana, or homemade energy bars made with oats, nuts, and honey.
- **Why:** Homemade bars and toast provide healthy fats and protein, keeping kids full longer.

3. Frozen Breakfast Sandwiches → DIY Egg Muffins

- **Instead of:** Jimmy Dean breakfast sandwiches
- **Try:** Make egg muffins at home with eggs, spinach, and a little cheese. Bake in a muffin tin and freeze for a quick, healthy breakfast.
- **Why:** Homemade egg muffins are high in protein and have fewer preservatives and sodium than store-bought options.

Snack Swaps

1. Chips → Air-popped Popcorn or Whole Grain Crackers

- **Instead of:** Potato chips
- **Try:** Air-popped popcorn seasoned with a little salt, or whole grain crackers with cheese.
- **Why:** Popcorn and whole grain crackers provide fiber and are lower in unhealthy fats.

2. Candy → Fruit with Nut Butter or Yogurt

- **Instead of:** Candy bars or gummies
- **Try:** Apple slices with peanut butter, or plain Greek yogurt with a drizzle of honey and berries.
- **Why:** Fruit is naturally sweet and paired with protein-rich nut butter or yogurt, it's a filling and nutritious snack.

3. Juice Boxes → Water or Diluted 100% Fruit Juice

- **Instead of:** Sugary juice boxes
- **Try:** Water with a slice of lemon or cucumber for flavor, or dilute 100% fruit juice with water.
- **Why:** Drinking water helps kids stay hydrated and energized without the sugar crash that comes from sugary drinks.

Healthy Store-Bought Grab-and-Go Breakfasts

Greek Yogurt Cups

- **Why:** Greek yogurt is rich in protein, calcium, and probiotics. Opt for low-sugar varieties like plain, vanilla, or lightly sweetened options.
- **Best Brands:** Chobani Less Sugar, Siggi's Icelandic Skyr, or Oikos Triple Zero.

Whole Grain Breakfast Bars

- **Why:** Look for bars that are low in added sugar and high in whole grains, fiber, and protein.
- **Best Brands:** KIND Breakfast Bars, RXBAR Kids, Clif Kid ZBar, Nature's Path EnviroKidz Bars

Mini Whole Wheat Bagels or English Muffins

- **Why:** These are great when paired with a portable protein source, like a nut butter packet or cheese.
- **Best Brands:** Thomas' 100% Whole Wheat Mini Bagels, Dave's Killer Bread English Muffins.

String Cheese or Cheese Sticks

- **Why:** A simple, protein-packed option that's easy to pair with a fruit or whole grain snack.
- **Best Brands:** Organic Valley Stringles, Sargento Natural Cheese Sticks.

Pre-Packaged Smoothies

- **Why:** Pre-made smoothies can be a good option when made from whole ingredients without added sugars.
- **Best Brands:** Naked Smoothies (lower sugar varieties), Suja Organic, or Bolthouse Farms Protein Plus.

Whole Grain Waffles or Pancakes

- **Why:** Frozen whole grain waffles or pancakes can be a quick breakfast, especially when topped with nut butter or fruit.
- **Best Brands:** Kodiak Cakes Power Waffles, Van's Gluten-Free Whole Grain Waffles.

Pre-Cut Fruit Cups or Snack Packs

- **Why:** Pre-packaged fruit cups in water or their own juice (not syrup) are a quick, hydrating snack.
- **Best Brands:** Dole No Sugar Added Fruit Cups, Del Monte Fruit Naturals.

