

# NUTRITION AND LEARNING

Help your child do their best by feeding them balanced meals and snacks.

Good nutrition is important for a child's development. Teaching children healthy habits now will help them for the rest of their lives.

## Well-nourished children are:

- Happier
- Less likely to have behavioral problems
- More interested in learning
- More confident and active
- More attentive
- Less likely to get sick

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## After School Trail Mix Recipe:

Makes 8, ½-cup servings

### Ingredients:

- 3 cups whole grain cereal or popcorn
- ½ cup dried fruit such as raisins
- ½ cup roasted unsalted nuts

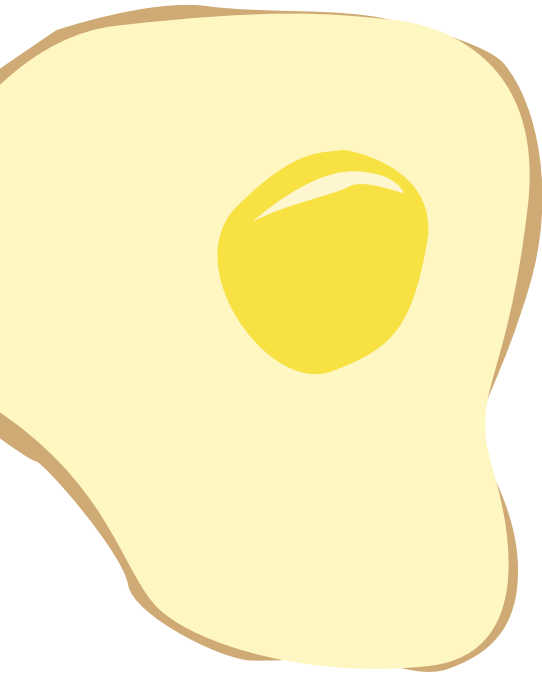
### Directions:

Place all the ingredients in a large bowl; toss to combine. Store the trail mix in airtight containers or zip top bags.



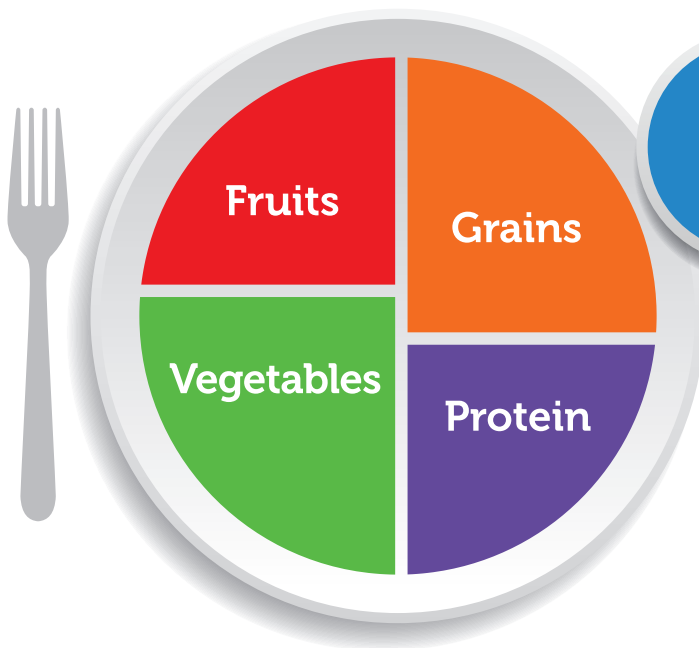
## Limit added sugars

Foods that have a lot of sugar can lead to energy spikes and crashes. When children eat sugary foods for breakfast, they tend to perform more poorly in school and have more behavior problems.



Instead of foods like donuts and pastries, fuel kids' bodies and brains with these nutrient-packed breakfast ideas:

- Whole-grain cereal or oatmeal topped with fruit and milk
- Breakfast smoothie made with milk and fruit
- Whole grain toast with peanut butter and milk
- Scrambled eggs with shredded cheese and whole grain toast
- Leftovers from last night's dinner



### Dairy

The brain needs good nutrition to function at its best. When planning meals and snacks, be sure to include:

- Vegetables
- Fruits
- Whole grains
- Low-fat dairy
- Protein foods