BRIGHTLY COLORED BOXES OF SUGARY CEREAL MIGHT TEMPT KIDS WHEN WALKING THROUGH THE GROCERY STORE, BUT THESE POPULAR BREAKFAST FOODS WON’T SUSTAIN THEM THROUGH THE DAY.

ACCORDING TO UNIVERSITY OF MISSOURI HEALTH CARE PEDIATRICIAN JULIE BENARD, EGGS, PEANUT BUTTER AND LEAN DELI MEATS ARE A HEALTHIER CHOICE FOR FEEDING HUNGRY KIDS IN THE MORNING.

“One of our big hunger hormones is called ghrelin, and protein actually helps to suppress that level after you eat. So, if you eat a little bit of protein, it helps you stay fuller for longer.”

TOASTER PASTRIES AND GRANOLA BARS DON’T USUALLY PROVIDE ENOUGH FIBER TO KEEP KIDS FULL, AND THEY ARE OFTEN JAM-PACKED WITH SUGAR. AS FOR DRINKS, BENARD SUGGESTS THAT PARENTS SKIP THE ORANGE JUICE AND GO FOR WATER OR LOW-FAT MILK INSTEAD.

“Whole pieces of fruit are definitely better than fruit juice, which tends to contain a lot of sugar and not so much the fiber that a whole piece of fruit would give you.”

BY MAKING A FEW SMALL CHANGES AT BREAKFAST, PARENTS CAN SET THEIR KIDS UP FOR A SUCCESSFUL DAY.

I’M CAILIN RILEY, WITH A MIZZOU SPOTLIGHT ON SCIENCE.