

Mayo Clinic Minute

5 Breakfasts for Brain Power

VIDEO	AUDIO
	<i>Sound of gas stove turning on</i>
	Want to fire up a day of learning?
	Make sure that your child has breakfast before they go to school.
	Mayo Clinic pediatrician Dr. Vandana Bhide says breakfast is fuel for learning.
	<i>Sound of egg hitting a hot pan</i>
Graphic: Better mood Improved concentration	Immediate benefits include a better mood and improved concentration. But, that's not all.
Title: VANDANA BHIDE, M.D. PEDIATRICS/INTERNAL MEDICINE Mayo Clinic	Long-term, eating breakfast has been shown to decrease the risk of obesity.
	Dr. Bhide says serve breakfasts that include both protein and good carbs.
	And, you would prefer to have the carbohydrates that release slowly over time.
	Ideas include a breakfast burrito with scrambled eggs, low-fat cheese and vegetables; a berry and yogurt parfait topped with low-sugar granola; steel-cut oatmeal with berries; a fruit smoothie with low-fat milk and a dash of cinnamon; and, whole-grain waffles topped with fruit or peanut butter.
	As long as you're not loading up with a lot of syrup or a lot of sugar, whatever your child likes would be a good option.
	A good option and a good start to another day of learning.

Graphic:
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For the Mayo Clinic News Network, I'm Jeff Olsen.