

# Research suggests parents give their children ‘food for thought’

Have you heard of the expression “food for thought”? Well, it turns out to be, quite literally, the truth.

Good nutrition really does feed the brain. And it starts with breakfast. Research shows that students who skip breakfast don’t do as well in school as students who do eat breakfast.

What can you do? Keep low-sugar, whole grain cereals and fruit on hand. And be prepared for a rushed morning with a healthy breakfast that your child can eat on the way out the door.

Whether you’re packing lunch or your child is eating a school lunch, encourage him to avoid high-calorie and high-fat foods. When children eat a meal that is high in fat and sugar, their bodies tend to crash, and they become very tired—which makes it difficult to concentrate.

Children are typically hungry when they get home from school, so be sure to keep a variety of healthy snacks on hand—fruits and veggies, whole grain crackers, cheese and yogurt.

Remember: When you’re grocery shopping, buy only the food you want your child to eat. Your child can’t eat unhealthy food if it is not in the house.

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