

# Serving a Healthy School Breakfast



## WHY DOES THIS MATTER?

- Offering alternative breakfast options such as breakfast in the classroom and “grab-and-go” breakfast is strongly associated with increased overall participation in school breakfast programs.<sup>1-3</sup>

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- Schools providing breakfast in the cafeteria can increase fruit consumption by offering:
  - at least two kinds of fruit<sup>4,5</sup>
  - sliced or cut fruit<sup>6-8</sup>
  - fruit displayed in attractive bowls instead of stainless-steel pans<sup>5,9</sup>

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- School breakfast must follow nutrition guidelines supported by science and provided by the United States Department of Agriculture (USDA). Items served in school breakfast may look the same as in the store, but are formulated differently, containing more fiber, and less calories, sugar and sodium.<sup>10</sup>

### References

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