School-Based Health Center’s Wellness Wednesday!



It is true: breakfast can be the most important meal of the day. Teenagers need breakfast to help improve energy, concentration, and growth. During this coronavirus crisis, breakfast may be even more important because a nutritious breakfast can help boost your immune system. Breakfast can provide at least six nutrients that have been identified to help your body fight against the virus.

An easy breakfast like cereal with fruit and milk; oatmeal with nuts and raisins or a yogurt parfait can provide many of these nutrients. If you miss breakfast, you may be missing out on what you need.

Protein – milk, eggs, yogurt, peanut butter

Vitamin C – 100% orange juice, berries, grapefruit

Vitamin A – fortified cereal, dried apricots, cantaloupe,

Vitamin E – almonds, sunflower seeds, wheat germ

Zinc – wheat germ, fortified cereals

Probiotics – yogurt

For more breakfast ideas see:

<https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/6-tips-for-better-breakfasts>

<https://www.eatright.org/health/wellness/preventing-illness/how-to-keep-your-immune-system-healthy>

If you have any questions about food or nutrition for our dietitians, call or text the School-Based Health Center at # 302-285-9661.

Eating a healthy breakfast can help you stay healthy!