

# Breakfast on the Run

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*Young athletes are busy – often running to school, then to practice and not getting home until late. Even weekends get filled with training, competition and tournaments. Getting adequate nutrition to fuel those long days means starting the day with a nourishing breakfast. Even though we know the morning meal is important, most teenagers prefer soaking up every last second of sleep over eating. Still, they need something.*

## Here are some more helpful tips when shopping and preparing meals for busy mornings:

- Choose ready-to-drink milk products that they can take with them as they head out the door.
- Prepare their breakfast the night before, then wrap and store in the refrigerator. That way, it's ready to go in the morning as they head to the bus stop or catch a carpool ride.
- Freeze a water bottle and place in the bag as a refreshing hydrator after breakfast.
- Pack a napkin or hand sanitizer in the bag or in your backpack to prevent sticky or dirty hands after eating.

Rather than expect your young athlete to get up earlier, aim to have items on-hand that they can grab as they run out the door. That way, they can eat while they walk to the bus stop, ride to school, or as soon as they get to school. And remember, breakfast doesn't have to be traditional foods.

## Fuel a winner with one of these quick, nutrient-rich combinations:

- Drinkable Greek Yogurt + Banana + Water
- Ham & Swiss Sandwich + Grapes + Water
- Greek Yogurt + Berries + Water
- Peanut Butter w/Graham Crackers + Skim Milk + Apple + Water
- PB&J Sandwich + Low-Fat Milk + Water
- Almond Butter + Banana + Chocolate Milk + Water
- String Cheese + Wheat Crackers + Raisins + Water
- Egg Salad + English Muffin + Plums + Water
- Leftover Cheese Pizza + Orange Slices + Water