

# BACK TO SCHOOL

EGGS GET AN **(A+)** FOR NUTRITION

Eggs belong on every back-to-school checklist. They provide important nutrients for children such as high-quality protein to support muscles, B vitamins and selenium to help keep the body healthy, and choline, which is important for the brain. The carotenoids lutein and zeaxanthin are also found in eggs (252 mcg/large egg). Lutein is important for eye health and helps protect children's eyes from harmful blue light from monitors and screens. Emerging evidence shows lutein may also play a role in cognition.

Breakfast tends to be the most nutrient-packed meal of the day, and studies show that breakfast can make a positive contribution to nutrient intake and diet quality.<sup>1,2</sup>

The protein in eggs, in combination with a well-balanced breakfast, can help keep kids satisfied and fueled for the long morning of classes. Eggs are a favorite of parents for another reason. They can be prepared in just a few minutes in the microwave or a hot skillet (nonstick makes clean up a snap).



## Spread the Word

**f** **THESE CHERRY CHEESECAKE BREAKFAST BARS ARE A GREAT GRAB-AND-GO OPTION FOR BUSY SCHOOL MORNINGS.** They have whole-grain oats and cereal for heart-healthy fiber and B-vitamins, cherries and applesauce for natural sweetness: [EggNutritionCenter.org/CherryCheesecakeBars](http://EggNutritionCenter.org/CherryCheesecakeBars)

**t** **PUT A #BACKTOSCHOOL TWIST ON AVOCADO TOAST.** Make an egg in toast "basket" and serve with avocado slices: [EggNutritionCenter.org/AvocadoTwist](http://EggNutritionCenter.org/AvocadoTwist)

**t** **HERE'S MY #BACKTOSCHOOL CHECKLIST FOR EACH MORNING –** backpack with homework, snack, water and a good #breakfast to start the day: [EggNutritionCenter.org/Checklist](http://EggNutritionCenter.org/Checklist)

## KEY MESSAGES

- Not all breakfasts are created equal – choose a quality breakfast rich in protein, fruits, vegetables and healthy fats for energy in the classroom.
- Breakfast can give you energy for class! Plus, eggs get extra credit for the nutrients choline and lutein, which have been shown to play a role in brain health.
- Breakfast can be quick, easy and nutritious. Plan in advance, prepare make-ahead recipes and/or choose 5-minute dishes.

## REFERENCES:

1. Rampersaud GC, et al. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *J Am Diet Assoc.* 2005;105(5):743-60.
2. O'Neil CE, et al. Nutrient Intake, Diet Quality, and Weight Measures in Breakfast Patterns Consumed by Children Compared with Breakfast Skippers: NHANES 2001-2008. *AIMS Public Health.* 2015;2(3):441-468.

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## Your Eggs – Your Way



Download the Your Eggs Your Way Sheet @ [EggNutritionCenter.org/YourEggsYourWay](https://EggNutritionCenter.org/YourEggsYourWay)

**DOWNLOAD** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT NUTRITIOUS EATING FOR BACK TO SCHOOL.

### RECIPE IDEA



## Cherry Cheesecake Baked Breakfast Bars

Download recipe @ [EggNutritionCenter.org/CherryCheesecakeBars](https://EggNutritionCenter.org/CherryCheesecakeBars)

### HANDOUT



QUICK WHOLESOME BREAKFAST  
[EggNutritionCenter.org/QuickBreakfast](https://EggNutritionCenter.org/QuickBreakfast)

School-aged children who ate eggs versus carb-based foods for breakfast felt more full until lunch

### SHAREABLE GRAPHIC



EGG BREAKFAST  
[EggNutritionCenter.org/EggBreakfast](https://EggNutritionCenter.org/EggBreakfast)



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