

# If Your Child Won't Eat Breakfast

**LOU ANN GOOD**

**Lancaster Farming Staff  
SOUTHAMPTON (Bucks Co.)**  
— You want your child to do well in school. You know he or she should eat breakfast — the most important meal of the day. But your child refuses to eat breakfast. What is a parent to do?

Lisa Diewald of the Dairy Council offers some help for you. "Children often have strange appetites in the morning. But why must you eat traditional breakfast foods? The most important thing is to get something in their stomachs," she said.

It's important because one-fourth of all nutritional needs should be eaten at breakfast. If you fail to get those nutritional needs met in the morning, it's hard to catch up all day.

Studies show that 75 percent of breakfast skippers fail to meet the recommended daily allowance for calcium. Children under age 11 should consume at least 800 mg of calcium per day — three servings of dairy products provide that. For those ages 11 to 24, the recommended calcium intake is 1,200 mg or four daily servings of dairy products. Breakfast not only helps children meet those requirements but establishes positive lifelong eating habits.

Children who eat breakfast are more alert and attentive. They perform better on tests and they're less likely to cause discipline problems. In addition, school breakfast decreases absenteeism and tardiness.

If your child will not sit down for the traditional breakfast such as eggs, toast, juice, cereal, and milk, try these ideas from Diewald. Pizza, turkey sandwich, granola bar, muffin, a carton of chocolate or strawberry-flavored milk, banana, yogurt. . . .

"Even if it's a piece of dry toast, it's putting something in the stomach," Diewald said.

A parent may want to prepare a finger cereal mixed with raisins and peanuts for the child to nibble on the run.

"Something a child can grab with their fingers and eat quickly is often the solution for finicky tastes," Diewald said.

Adequate calcium intake is critical to bone health. "A lifetime of sufficient calcium consumption helps peak bone mass in younger years and helps decrease bone loss in adult years," Diewald said.

Findings from the Bogalusa Heart Study indicated that children who skipped breakfast did not meet the recommended dietary allowances for vitamins A, D, E, and B6, and calcium.

To encourage your child to consume an adequate amount of calcium, you may want to try this idea. Blend a banana with milk and pour into a big gulp container for the child to drink. It's amazing how children are enticed to eat and drink foods because of the container or packaging in which they are served.

According to Dairy Council, newly released results from a national survey show that kids are not heeding the reminder that "breakfast is the most important meal of the day."

The national survey, conducted in January by The Wirthlin Group for National Dairy Council, showed that only 56 percent of children polled eat breakfast every morning. Breakfast consumption drops off even more as children get older. The survey indicates that

about one-fourth of older children eat breakfast only half of the time, and that one out of every five 12- and 13-year-olds hardly ever eats breakfast.

Studies show that students who don't eat breakfast use vending machine snacks at school.

These are often high fat items that your child should avoid.

Breakfast "breaks" the 10 to 14 hour "fast" that occurs between the evening meal or snack and the morning meal. It provides the energy and nutrients needed to "jump start" the body and the brain for the day's activities.

Studies show that breakfast contributes positively to nutrient intake, alleviates hunger pangs, improves strength and endurance in the late morning hours, and improves concentration and learning. Furthermore, eating a nutritious breakfast may help control weight and possibly reduce the risk of heart disease.

Some parents do not provide a balanced meal at home because of economic factors or because mornings are hectic and there is no time. The top five reasons children skip breakfast are reported to include the following:

- Woke up too late
- Not hungry
- Parents too busy to fix breakfast
- Parents already left for work
- Not enough money to buy food

For this reason, many schools offer a breakfast program. The School Breakfast Program provides federal funds to schools that offer breakfast. All schools that meet eligibility requirements can participate. To assist schools in providing breakfast, Pennsylvania provides additional funds.

Instead of the same old thing for breakfast, try something new. Here are two recipes, and on page B6, the featured recipe also has breakfast ideas from the Dairy Council.

## Extra Calcium Before Age 10 May Stem Osteoporosis

**BELTSVILLE, Md.** — The best way to prevent osteoporosis, health professionals agree, is to achieve the highest bone mass possible in youth through adequate exercise and calcium intake.

That's why the recommended dietary allowances call for girls to increase calcium intake from 800 to 1,200 milligrams daily between the ages of 11 and 25.

Now U.S. Department of Agriculture findings suggest that the increase should begin and end at earlier ages. In a study of girls age 5 through 16, "most bone forming activity occurred in the years just before and just after the start of puberty," said study leader Steven A. Abrams, a pediatrician at USDA's Children's Nutrition Research Center in Houston funded by the Agricultural Research Service.

In U.S. girls, Abrams said the first signs of puberty usually begin between age 8 and 11, the average being around 10. Menstruation begins two to three years later, with age 12½ being average.

Abrams believes "there's no reason to think you can't start to emphasize calcium intake around age 5. The primary prevention of osteoporosis begins before puberty."

His results also show a rapid drop in bone forming activity



**Lisa Diewald**

### NEAT-O-BURRITO

- 1-ounce string cheese
- 6-inch flour tortilla
- 1 tablespoon jarred chunky-style salsa

Place string cheese slightly off center of the tortilla; top cheese with salsa. Roll up like a jelly roll. Place seam side down on a small plate; lightly cover with plastic wrap.

Microwave on HIGH power until cheese melts, about 30 seconds. Let cool slightly before eating.

### LEMON WAKE UP

- 8-ounces lemon yogurt
- 6-ounces orange juice concentrate
- 2½ cups milk
- 1 teaspoon vanilla

Place all ingredients in blender, blend until frothy, and serve. Store leftovers in refrigerator. Shake before serving.

See your nearest

**NEW HOLLAND**

**Dealer for Dependable  
Equipment and  
Dependable Service!**

### PENNSYLVANIA

**Annville, PA**

BHM Farm  
Equipment, Inc.  
RD1, Rte. 934  
717-867-2211

**Hughesville, PA**

Farnsworth Farm  
Supplies, Inc.  
103 Cemetery Street  
717-584-2106

**Carlisle, PA**

R&W Equipment Co.  
35 East Willow Street  
717-243-2686

**New Holland, PA**

A.B.C. Groff, Inc.  
110 South Railroad  
717-354-4191

**Dickson City, PA**

F&S Supply Co.  
Enterprise St.  
717-489-3642

**Oley, PA**

C.J. Wonsidler Bros.  
R.D. 2  
215-987-6257

**Elizabethtown, PA**

Messick Farm  
Equipment, Inc.  
Rt. 283 - Rheem's Exit  
717-367-1319

**Pitman, PA**

Schreffler Equipment  
Pitman, PA  
717-648-1120

**Halifax, PA**

Sweigard Bros.  
R.D. 3, Box 13  
717-896-3414

**Quakertown, PA**

C.J. Wonsidler Bros.  
R.D. 1  
215-536-1935

**Honey Brook, PA**

Dependable Motor Co.  
East Main Street  
215-273-3131  
215-273-3737

**Tamagua, PA**

Charles S. Snyder, Inc.  
R.D. 3  
717-386-5945

**Honey Grove, PA**

Norman D. Clark  
& Son, Inc.  
Honey Grove, PA  
717-734-3682  
Loysville, PA  
717-789-3117

**West Grove, PA**

S.G. Lewis & Son, Inc.  
R.D. 2, Box 66  
215-869-2214

### MARYLAND

**Frederick, MD**

Ceresville  
Ford New Holland, Inc.  
Rt. 26 East  
301-662-4197  
Outside MD,  
800-331-9122

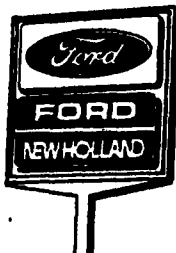
### NEW JERSEY

**Bridgeton, NJ**

Leslie G. Fogg, Inc.  
Canton & Stow Creek  
Landing Rd.  
609-451-2727  
609-935-5145

**Washington, NJ**

Smith Tractor &  
Equip., Inc.  
15 Hillicrest Ave.  
201-689-7900



**Woodstown, NJ**

Owen Supply Co.  
Broad Street &  
East Avenue  
609-769-0308