Breakfast gives you a chance to start each day with a healthy, nutritious meal and lays the foundation for lifelong health benefits. Breakfast is particularly important for children and adolescents. According to the American Academy of Nutrition and Dietetics, children who eat a healthy breakfast are more likely to:

- Meet daily nutrient requirements
- Concentrate better
- Have better problem-solving skills
- Have better hand-eye coordination
- Be more alert
- Be more creative
- Miss fewer days of school
- Be more physically active

Here are 25 options for quick and healthy breakfasts that are sure to please children and adults:

1. Single-serving bowls of whole-grain cereal
2. Pair string cheese with whole-wheat crackers
3. Granola bar and a piece of fruit
4. Hard-boil eggs to have on hand for busy mornings
5. Small containers of low-fat yogurt
6. Whole-grain English muffins can serve as a base for a breakfast sandwich
7. Grilled cheese and green apple sandwich
8. Let frozen pineapples defrost and add to cottage cheese
9. Quick bread (banana, pumpkin, zucchini) and yogurt
10. Single-serving cartons of low-fat, low-sodium cottage cheese with walnuts
11. Bagel with almond butter
12. Turkey, lettuce and tomato wrap
13. Top whole-wheat toaster waffles with a tablespoon of peanut butter and fruit preserves
14. Banana and low-fat chocolate milk
15. Cheese and baby spinach quesadilla
16. Stir one or two tablespoons of fruit preserves into plain instant oatmeal to add a touch of sweetness
17. Add one or two tablespoons of nuts to your yogurt or oatmeal
18. Stir berries into oatmeal or yogurt
19. Fruit smoothies
20. Apple and peanut butter
21. Have leftovers for breakfast (why not?)
22. Quiche
23. Open-faced grilled cheese English muffin with a slice of tomato
24. High fiber muffin
25. Yogurt parfaits