



EGG NUTRITION COUNCIL FACT SHEET

Healthy Back to School Eating Habits

Healthy eating habits start here!

The beginning of a new school year is a great time to establish healthy eating habits that will help children be the best they can be at school and at play.

Good nutrition sets the foundation for a life-long path to optimal health and supports the learning that children have in store for them in the year ahead. Teaching children about a balanced diet, ensuring they eat breakfast everyday, packing a healthy and appetising lunchbox, involving them in meal preparation, and regularly eating meals together as a family are all ways in which healthy eating habits can be weaved into day-to-day life.

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What makes eggs so good for breakfast?

Eggs are versatile, tasty and filling – all important criteria for children to enjoy eating them for breakfast. Eggs are a highly nutritious whole food, a natural source of 11 different vitamins and minerals, including vitamin A, iodine and iron as well as providing omega-3 fatty acids. And of course, eggs are a good source of high quality protein, which supports their growth and development⁶ and keeps children fuller for longer⁵.

Breakfast is important!

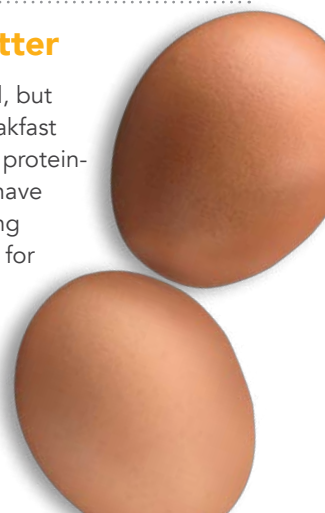


When children eat breakfast, their memory is better and they find it easier to concentrate over the course of the school morning¹.

This has been shown time and again in scientific studies, with one of the more recent trials specifically showing better performance in mathematical and creative tasks in breakfast eaters compared to breakfast skippers². Children who regularly eat breakfast also tend to be of a healthier body weight than those who skip breakfast and this lowers the risk they will become overweight in their adult years³.

A protein-rich breakfast is better

Eating any breakfast is better than none at all, but research shows that eating a protein-rich breakfast has additional benefits^{4,5}. Children who eat a protein-rich breakfast (such as one containing eggs) have lower levels of hunger throughout the morning and are better able to manage their appetite for the rest of the day compared to children who eat a low protein breakfast (such as toast with jam or a glass of juice)⁶.





Eggs for lunch and snacks

Eggs are sometimes overlooked as an ideal food for including in children's lunches and snacks however eggs can play a starring role in the lunchbox.

It's easy to put together a healthy lunchbox using wholegrain foods, protein-rich foods and a variety of vegetables/fruit. Just follow the table below:

Choose one food from each circle to create a balanced and super tasty lunchbox:

The facts about egg allergy

- Egg allergy often produces less severe reactions compared to peanut or tree nut allergy⁷.
- The majority of egg allergies have resolved by the start of school^{8,9}.
- Up to 12 months of age, about 9% of infants are sensitive to raw uncooked egg¹⁰, but of these, approximately 86% can tolerate baked egg, for example, eggs used in muffins⁸. In addition, nearly half will no longer be allergic by 2 years of age⁸.

Recommendations to help reduce sensitivity to eggs:

- Introduce whole egg before 12 months of age¹¹.
- The majority of infants with an egg allergy are able to tolerate egg in baked foods such as muffins and cakes. In such cases, the regular inclusion of baked egg has been associated with earlier resolution of egg allergy⁸.

If you would like to learn more, refer to our website www.enc.org.au or consult a healthcare professional.



Healthy lunchbox examples:

- Egg and salad sandwich with a tub of yoghurt and a handful of frozen grapes
- Beef, grated cheese and vegetable wrap with a cup of fruit salad
- Sushi rolls with tuna and carrot, a carton of milk and an apple
- Quinoa, tofu and broccoli salad with cheese cubes and a banana
- Chicken, vegetable and barley soup topped with grated cheese and a handful of sultanas.

And don't forget, a simple hard-boiled egg is an easy and delicious snack to eat anytime! For more child-friendly recipes, go to www.eggs.org.au