

Newsletter to parents

A whole fruit is better than a glass of juice!

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Why opt for whole fruits and vegetables for breakfast?

To start the day off right, one small change can make a big difference: choose whole fruits and vegetables instead of juice, even when it's homemade.

The Breakfast Club Nutrition Committee recommends replacing juice with whole fruits and vegetables at breakfast. Crunchy, colourful and tasty, they're packed with vitamins, minerals, and fibre, helping children feel full longer and giving them the energy they need to learn, play and grow.

Here's why we should prioritize whole fruits and vegetables:

They contain valuable fibre

Fibre is found mainly in the peel and pulp of fruits and vegetables, parts that are often lost when they're processed into juice. It helps children feel full for longer and contributes to proper digestion.





They're chock-full of vitamins and minerals

Fruits and vegetables naturally contain a wide variety of nutrients and beneficial compounds, which are distributed throughout their structure. By eating them whole, you can fully enjoy all their benefits.

They're naturally less sweet

A glass of juice, even if homemade, can contain sugar from several fruits, without the fibre that helps slow down its absorption. Whole fruits and vegetables have a natural, well-balanced sweet taste.



Simple breakfast options

Good news: there are loads of ways to prepare whole fruits and vegetables to make them appealing to both kids and adults! Serve them fresh or frozen, as a purée with no added sugar, chopped and mixed into yogurt, blended into a smoothie, or alongside a warm breakfast to add a bit of colour.

A treat for the eyes and taste buds

Their variety of colours, textures and flavours will spark your children's curiosity and appetites first thing in the morning, making breakfast even more fun!



It's a small gesture that has a big impact!

Key takeaway

Replacing a glass of juice with a whole piece of fruit at breakfast is a concrete way to help children adopt sustainable habits. Let's encourage them to take a bite out of life... and their fruits and vegetables!

If you would like more information on the best beverages to serve at breakfast, please consult our document [Making the Best Beverages Choices for Your Breakfast Program](#).

It contains a wealth of information that will guide you in making the best choices for children, both at daycare and at home!

Do you have questions about the breakfast program?
Feel free to talk to your Daycare Service supervisor or
email us at programs@clubdejeuners.org

