**Break the fast:**
- A fast is a time period when you eat and drink little or nothing.
- Breakfast fuels your body after the nightly 8-to-12 hour fast and supplies needed nutrients.
- Breakfast skippers are often more tired, irritable and restless than people who eat breakfast.

**For nutrients**
- When you eat breakfast, you’re more likely to get all the nutrients your body needs for the day.

**For learning**
- People who eat breakfast are ready to learn.
- Breakfast primes your brain for problem solving, concentrating and memorizing.

**Breakfast**

**Easy, nutrient-packed breakfast ideas:**
- Whole-grain cereal topped with a banana and low-fat milk
- Breakfast smoothie with blended milk, fruit and bran
- Yogurt topped with granola and fruit
- Trail mix made with your favorite cereal, nuts and dried fruit
- Leftovers from last night’s dinner and a glass of low-fat milk

**For weight control**
- Breakfast eaters are less likely to overeat later in the day.
- Skipping breakfast has been linked to obesity.

**Beat your breakfast barriers!**

**Not enough time?**
- Make a quick and easy breakfast.
- Set out items the night before.
- Take food with you.

**Not hungry in the morning?**
- Begin with a small meal like toast and juice.
- Take something with you for a mid-morning snack.

**Don’t like breakfast food?**
- Breakfast can be anything!
- Something is better than nothing.
- Eat what you like, and make it healthy.

**Think you will gain weight?**
- Breakfast can help you lose or maintain your weight.
- Choose lean foods like fruits, low-fat dairy, and whole grains to satisfy your hunger.