

Why 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.

For weight control

- ◆ Breakfast eaters are less likely to overeat later in the day.
- ◆ Skipping breakfast has been linked to obesity.



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.



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



Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.
Running out of money for food? Contact your local Food Stamp office or go online to dss.mo.gov/fsd/fstamp.

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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.

