

WHY EAT BREAKFAST?

To break the fast

A fast is a time period when you eat and drink little or nothing. Breakfast fuels your body after an overnight fast and supplies needed nutrients.

For weight control

Breakfast eaters are less likely to overeat later in the day, which can help you maintain or lose weight. Choose foods like fruit, low-fat dairy and whole grains.

For nutrients

When you eat breakfast, you are more likely to get all the nutrients your body needs for the day.

For learning

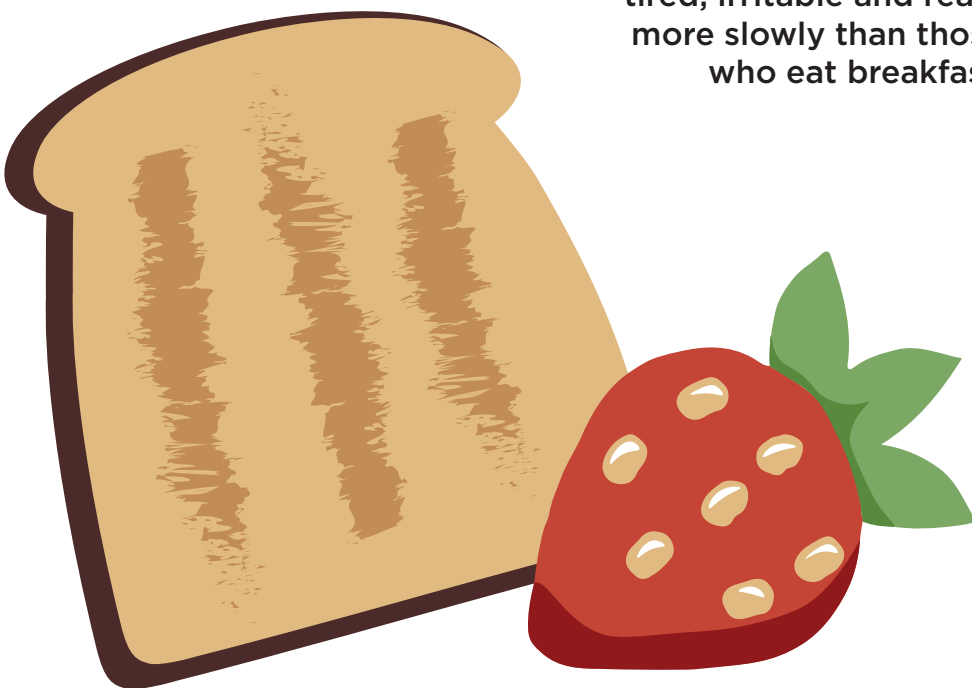
People who eat breakfast are ready to learn. Breakfast primes your brain for problem solving, concentrating and memorizing.

For energy

Food provides energy for your body. When you have energy, it is easier to think and accomplish your planned activities.

Breakfast is the most important meal of the day.

Studies show that children and adults who eat breakfast work more efficiently. Those who skip breakfast become tired, irritable and react more slowly than those who eat breakfast.



Easy, nutrient-packed breakfast ideas

- Peanut butter rolled in a tortilla with a glass of milk
- Oatmeal sprinkled with raisins and nuts
- Yogurt parfait with sliced fruit and whole-grain cereal
- Boiled egg, fresh fruit and an English muffin
- Whole-grain toast topped with scrambled eggs and salsa

Make overnight oats for a quick, healthy breakfast

- ½ cup milk
- ¼ cup dry oatmeal
- ⅓ cup fruit
- ½ cup yogurt

Mix the milk and oatmeal with your favorite fruit and flavor of yogurt. Place in the refrigerator overnight. In the morning, top with crunchy granola or nuts and enjoy!



Think of your body as an engine. Food's nutrients and calories fuel your body just like gasoline fuels a vehicle. After an overnight fast, your brain needs fuel for energy. Skipping breakfast leaves your brain without fuel, making it difficult to concentrate and solve problems.

Breakfast should provide about 30% of your calories and nutrients for the day. Try to choose foods from at least three food groups.