

# top 10 reasons for eating breakfast



- 1 **“Break the fast”** – While you are sleeping, your body slows down by burning fewer calories to conserve energy. Eating breakfast “wakes up” your metabolism and gets your engine humming and ready for the day.
- 2 **Eat more, weigh less** – Researchers have repeatedly shown that people who eat breakfast have a better chance of losing weight and keeping it off. When you skip meals, you’re so hungry by lunchtime that you eat the entire cow!
- 3 **Do better at school** – Breakfast helps wake you up. Studies show that people who eat breakfast are more alert and do better on tests than people who skip breakfast.
- 4 **Breakfast is your chance to eat the foods you may not eat the rest of the day** – Whole grain cereals, eggs, pancakes, and fruit are just a few.
- 5 **Skipping breakfast makes you grouchy!** – Studies show that people who eat breakfast tend to be in a better mood.
- 6 **Breakfast makes your body run better** – Get yourself on a schedule with a healthy breakfast, and you’re ready to take on the world.
- 7 **Breakfast has essential nutrients that your body needs** – Breakfast foods are loaded with calcium, iron, fiber, and Vitamin B1. Skipping breakfast deprives your body of these essential nutrients.
- 8 **Breakfast is good for your heart** – People who skip breakfast tend to have higher cholesterol, which is bad for your heart. Breakfast eaters also tend to choose less unhealthy snacks between meals.
- 9 **Enhance your Immune System** – Evidence shows that eating a substantial breakfast can help activate your body’s immune cells to help ward off colds and flu.

10 ***Breakfast is Delicious!***

