



# BREAK AN EGG.

People who eat a healthy breakfast tend to be more fit, and they perform better at school, work, and play. **But the kind of breakfast you eat matters, too.** Eating a breakfast that includes whole grains, fruit, dairy, and lean protein **helps you feel full longer** than if you eat a doughnut, or something else that's mostly sugar and fat. And don't neglect eggs in your healthy breakfast. **Eggs provide some of the highest-quality protein of any food**, and studies show that when people eat eggs at breakfast, **they feel more satisfied and eat fewer calories throughout the day.** A breakfast sandwich of an egg, a slice of lean ham or Canadian Bacon, and a piece of cheese on a whole-wheat English muffin, with an orange or a banana and a glass of lowfat milk, provides **high-quality protein, whole grains, fiber, and not too much sugar and fat.** It's a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. **Hey, why do you think it's called BREAKfast, anyway? Break an egg!**

the big number

# 75

A large egg contains 75 calories, more than 6 grams of protein, and about 1.5 grams of saturated fat.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“BREAK AN EGG”

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### OATMEAL

Oatmeal is an excellent source of B vitamins, as well as vitamin E, iron, zinc, and calcium. Instead of choosing the pre-packaged stuff, which often contains added sugar, add your own extras to jazz it up – walnuts, berries, a banana, a little honey, raisins, cinnamon.



## LEARN EASIER

Eating a good breakfast is possibly the single most important daily step you can take to make learning easier. Every important learning skill improves when kids eat breakfast, including alertness, memory, focus, even the energy needed to stay awake and participate in class. Kids who eat breakfast have a much better chance to succeed in school.



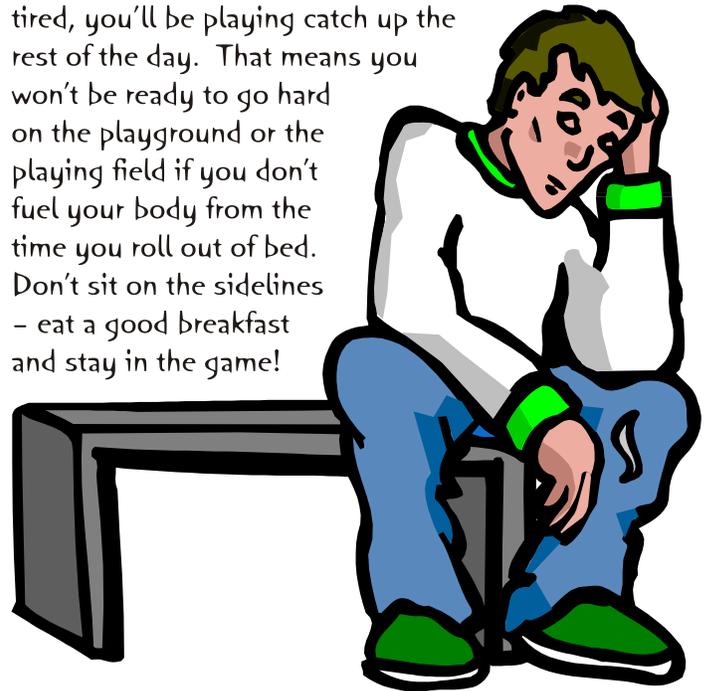
## LIVE HEALTHIER

Kids who skip breakfast get an average of 40 percent less calcium and vitamin C than kids who eat breakfast. Getting calcium at breakfast is especially important for growing adolescents, because nearly half of adult bone mass is formed between the ages of 9 and 18.



## PLAY HARDER

If you start the day feeling groggy and tired, you'll be playing catch up the rest of the day. That means you won't be ready to go hard on the playground or the playing field if you don't fuel your body from the time you roll out of bed. Don't sit on the sidelines – eat a good breakfast and stay in the game!



## Miracle meal makes every student smarter, more fit.

A lot of time and energy go into figuring out how to help kids learn effectively and perform well in school. But there's a simple and inexpensive way to give every kid a fantastic head start – and it's really not a miracle at all.

It's breakfast. When kids eat a good breakfast, they behave better, pay more attention in class, participate more enthusiastically, and even score higher on standardized tests. Breakfast at home is great, and if time is short or if your kids aren't hungry when they first wake up, many schools offer breakfast, too.

Make sure your kids don't miss out on this daily miracle meal!

**School Meals**  
*We serve education every day™*