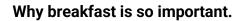
Energize Your Pay! Eat School Breakfast

United States Department of Agriculture





- Energy The body's energy source is glucose. ...
- Essential vitamins, minerals and nutrients. ...
- Breakfast helps you control your weight. ...
- Breakfast boosts brainpower. ...
- A healthy breakfast may reduce the risk of illness. ...
- Breakfast helps you make better food choices.

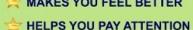


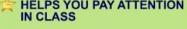
Studies show that students who eat school breakfast are more likely to reach higher levels of achievement in reading and math, score higher on standardized tests, have better concentration and memory, be more alert, and maintain a healthy weight.

Children who eat school breakfast are significantly less likely to be overweight, while skipping breakfast is associated with a higher risk of obesity. School breakfast also helps build lifelong healthy eating









Eat foods from at least 3 food groups