

# Energize Your Day! Eat School Breakfast

United States Department of Agriculture



- Why breakfast is so important.**
- 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

**REDUCE HUNGER**

**IMPROVE ACADEMIC PERFORMANCE**

**REDUCE BEHAVIORAL PROBLEMS**

**SCHOOL BREAKFAST AFTER THE BELL**

STUDENTS WHO EAT SCHOOL BREAKFAST MISS LESS SCHOOL, GET BETTER GRADES, AND ARE MORE LIKELY TO GRADUATE

**IMPROVE FOCUS**

**IMPROVE TARDINESS**

**REDUCE NURSE VISITS**

## For Good Grades... Start With A Good Breakfast

Starting the day with a good breakfast

- ★ MAKES YOU FEEL BETTER
- ★ HELPS YOU PAY ATTENTION IN CLASS
- ★ IMPROVES MEMORY
- ★ FUELS YOUR BRAIN

Eat foods from at least 3 food groups