

# BREAKFAST

Jump start your breakfast!



## Breakfast Facts:

- Having breakfast every morning kick-starts your **metabolism**.
- Studies indicate that people who eat breakfast in the morning are **less likely to get diabetes**.
- 78% of the people in the National Weight Control Registry make a healthful breakfast **part of their daily routine**.
- Breakfast is associated with a **lower BMI, fewer calories** consumed during the day, and a **better diet**.
- Breakfast is a great opportunity to increase your consumption of fiber, **whole grains, fruit, and low-fat dairy**.
- A healthful breakfast not only gives you **energy**, but also **increases cognitive function**.

## Why Care About Breakfast?

Life is busy, and busy often ups its game during the holidays. Between parties, family projects, decorations, and shopping, something has to give. Breakfast should not be it.

Why? Here are some **top reasons to care about breakfast...**

- Breakfast offers **key nutrients** that will give you energy. Plus, with the right foods, **you won't get hungry** on your way to holiday activities and errands.
- Furthermore, when you make healthful choices at breakfast, you **start the day on the right foot**. It's easier to stick to good habits that way.

