
BREAKFAST

Start your day with a healthy meal!

Kids and Breakfast: Fun Facts

Did you know that, according to the Food and Nutrition Service of the USDA, “Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.” They continue, “Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.”

Breakfast is also a great opportunity to help kids get the nutrients they need to stay healthy. These include...

- Calcium
- Fiber
- Folate
- Protein

Multiple studies also indicate that breakfast can help kids manage their weight successfully, reducing their risk of becoming overweight or obese.

Make Healthy Choices!

Eating breakfast is a good way to get the energy you need to face the day, while also making sure that you get some key nutrients that will boost your health and help you feel full until lunchtime.

Many participants in the National Weight Control Registry, a large investigation of long-term successful weight management, begin each day with breakfast.

Make healthy choices, building a breakfast that is nutrient-dense and low in empty calories.

