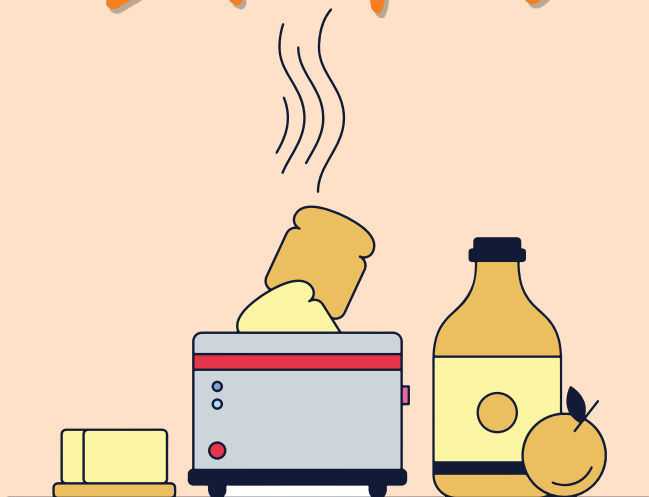


ENABLES LEARNING • ENHANCES NUTRITION

# BREAKFAST BENEFITS



EAT BETTER. LIVE BETTER.

## ENABLES LEARNING

Eating a healthy breakfast is associated with improved brain function, improved concentration, thinking, and memory function, reduced absenteeism from school and improved mood.

Studies have also shown that amongst students skipping breakfast is associated with decreased cognitive performance (e.g., alertness, attention, memory, processing of complex visual display, problem solving). Students do better in school when they eat breakfast.

## ENHANCES OVERALL NUTRITION

Studies show that people who eat breakfast have higher intakes of key nutrients like dietary fiber, B vitamins, calcium, potassium and iron.

## MY PLATE BREAKFAST IDEAS

- » Cereal (whole grain, no added sugar) with low-fat milk and sliced banana—*grain, dairy, fruit*
- » Oatmeal with apples or berries—*grain and fruit*
- » Fruit, yogurt and granola parfait—*Fruit, Dairy, Grain*
- » Egg and cheese sandwich on whole wheat bread or english muffin—*Protein, Dairy, Grain*

LIVE BETTER

HEALTHIER. STRONGER. TOGETHER.