

WHY EAT BREAKFAST?

Breakfast tips

- Make small changes in your morning routine. If you are not a breakfast eater, start by adding a glass of milk or a piece of fruit.
- It's all about balance. Enjoy bacon and eggs one day and a bowl of oatmeal topped with raisins and fat-free milk the next.
- Try non-traditional breakfast foods, like pasta or crackers with cheese.
- Enjoy all foods in moderation. If you like sugar-coated cereal, mix it with whole-grain cereal.



Not hungry in the morning?

- Begin with a small meal such as whole-wheat toast and juice.
- Take something with you for a mid-morning snack.

Easy, nutrient-packed breakfast ideas

- Whole-grain cereal topped with a banana and low-fat milk
- Breakfast smoothie with blended milk, fruit, and bran
- Yogurt topped with granola and fruit
- Trail mix made with your favorite cereal, nuts, and dried fruit
- Leftovers from last night's dinner with a glass of low-fat milk

Don't like breakfast food?

- Breakfast can be anything!
- Some is better than nothing.
- Can't pass up a breakfast pastry? Just add fruit and milk.

Nutrients

When you eat breakfast, you are more likely to get all the nutrients your body needs for the day.

Energy

Food provides energy for your body. When you have energy, it is easier to think and accomplish your planned activities.

To break the fast

A fast is a time period when you eat and drink little or nothing. Breakfast fuels your body after an overnight fast and supplies needed nutrients.

Weight control

Breakfast eaters are less likely to overeat later in the day.

Learning

People who eat breakfast are ready to learn. Breakfast jumpstarts problem solving, concentrating and memorizing.