

breakfast



**IMPORTANT
FOR
YOU!**

Breakfast provides energy and nutrients that help both kids and grown-ups keep up with their day!

Compared to those who skip breakfast, people who eat breakfast...

- Are more likely to get the nutrients they need each day, like calcium, iron and more!
- Are able to concentrate and learn better at school
- Are less likely to be overweight
- Have more energy

Breakfast is a benefit in many ways!

What makes a good breakfast?

- Low-fat cereals or grains, especially whole grains
- Fruit, fruit juices or vegetables
- Low-fat or skim milk, or other calcium-rich foods

Start your day in a great-tasting way - have breakfast!