Breakfast Fuels the Brain

Breakfast is the most important meal of the day! It is important to refuel our bodies in the morning. Like a car which can’t run on an empty tank of gas, neither can our muscles and brain. When we skip breakfast, we are asking our bodies to work hard all day on an empty tank.

Plan for rushed mornings—keep these in easy reach...

- Yogurt & fresh fruit
- Low-fat milk & cereal bars
- Low-fat chocolate or coffee milk
- Fruit smoothies of fruit, yogurt, & milk
- Burrito of eggs & cheese
- Hot or cold cereal with dried fruits
- Hard boiled egg with chopped veggies
- Peanut butter with whole grain crackers

Breakfast Eaters:
- Do better in math by one letter grade
- Can concentrate more, do better in reading & on standardized achievement tests
- Behave better, pay more attention, are more alert, creative, & energetic
- Are on time for school & sick less often

Breakfast Eaters:
- Maintain their weight loss better
- Generally eat less calories, saturated fat, and cholesterol

People who skip morning meals ...
- Tend to overeat high fat snack food later in the day
- Have a decreased energy level, which makes it hard to burn off extra calories

Mini PB Banana Bites

- ½ banana
- 1 tablespoon peanut butter
- 5 whole grain crackers or mini rice cakes

Spread a thin layer of peanut butter on each cracker. Cut the banana into 5 slices and place 1 slice on each cracker.

Have Nutrition Questions?
Call 1-877-FOOD-URI

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 5 bites</th>
<th>Servings Per Container: 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving:</td>
<td></td>
</tr>
<tr>
<td>Calories: 230</td>
<td>Calories from Fat: 100</td>
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<tr>
<td>% Daily Value:</td>
<td></td>
</tr>
<tr>
<td>Total Fat: 11g</td>
<td>17%</td>
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<tr>
<td>Saturated Fat: 1.5g</td>
<td>8%</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium: 180mg</td>
<td>8%</td>
</tr>
<tr>
<td>Total Carbohydrate: 30g</td>
<td>10%</td>
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<tr>
<td>Dietary Fiber: 4g</td>
<td>15%</td>
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<tr>
<td>Sugars: 10g</td>
<td></td>
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<tr>
<td>Protein: 5g</td>
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</tbody>
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Vitamin A 0% • Vitamin C 10%
Calcium 2% • Iron 4%

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.