

BREAKFAST: FUEL FOR A GREAT DAY!

Breakfast is important for starting your day right. It should include at least 3 of the 5 foods groups.

WHY BREAKFAST?

Breakfast means “to break the fast”. When you sleep, your body is not eating food for hours, which is called fasting. Eating breakfast helps “break” that fast and gives you the energy to start the day strong!



- **Provide Energy:** Breakfast gives your body and brain the fuel you need to start the day.
- **Improve focus in class:** Eating breakfast helps you stay alert, pay attention, and do better in school.
- **Feel better:** Students who eat breakfast are less likely to be sick and more likely to have better attendance than students who skip breakfast.

WHAT HAPPENS IF YOU SKIP BREAKFAST?

Without breakfast, you might:

- Feel cranky or jittery
- Have trouble focusing
- Feel dizzy or tired
- Get a headache or stomachache



WHAT MAKES A HEALTHY BREAKFAST?

Be creative with your breakfast meals! Add color and different food groups. A healthy breakfast should include foods from **at least 3** of the **5 food groups**:

1. Fruits
2. Vegetables
3. Grains
4. Protein
5. Dairy



If you're in a rush, having **something** is better than nothing in the morning.

HEALTHY BREAKFAST IDEAS

Here are some ideas for creative and healthy breakfasts!

Remember to combine foods from at least 3 of the 5 food groups.



Whole-grain toast (Grains) with peanut butter (Protein) and apple slices (Fruit)



Yogurt (Dairy) with granola (Grains) and berries (Fruit)



Oatmeal (Grains) with fruit (Fruit) and milk (Dairy)



Smoothie made with yogurt (Dairy), spinach (Vegetables), and bananas (Fruit)



Eggs (Protein) with veggies (Vegetables) and whole-grain tortilla (Grains)