



Why is Breakfast Important?

It helps you concentrate

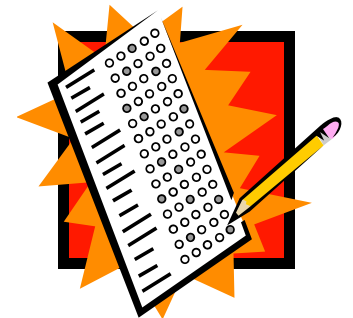
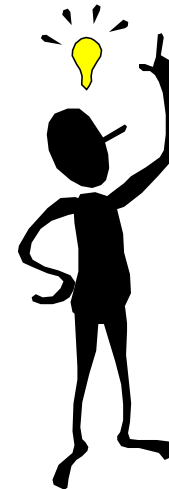
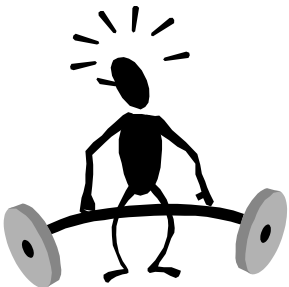
It gives you energy

Skip breakfast and you may feel

- Weak
- have a hard time concentrating
- get a headache

Eat breakfast and you may feel

- Energetic
- Concentrate well
- Do better on tests!





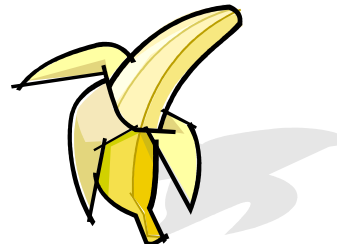
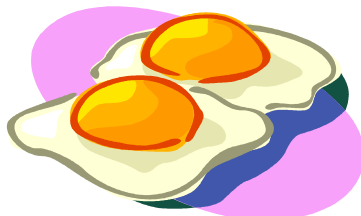
Why do people skip breakfast?

They aren't hungry

- Maybe they ate too much the night before

It takes too much time

- Pack a brown bag breakfast & bring it with you
- Make your breakfast the night before





What is in a healthy breakfast?

Whole Grains

- Fiber aids digestion
- Makes you feel full
- Stabilizes blood-sugar

Avoid white-sugary foods



Lean Protein

- Helps build muscles
- Makes you feel full
- Stabilizes blood-sugar

Avoid high fat proteins



Fruit

- Easy to eat on the go
- Helps you get 2 servings a day





What would you make for breakfast?

