

# Don't Be a Breakfast Skipper!



Though you may have heard this thousands of times before from your mother, the media, your teachers, and healthcare professionals...breakfast is a very important (if not the most important) meal of the day. Are you a breakfast eater or a breakfast skipper?

## Breakfast Benefits

Our bodies and our brains need fuel for the busy day ahead of us. Because 8 to 12 hours have passed since your last meal or snack, you need to replenish your glucose supply (glucose is our body's major fuel for energy). When you do eat breakfast, you may notice a difference in how you feel in the morning. You may have more strength and endurance, better concentration and may even be more productive by mid-morning.

Also, eating breakfast reduces the chance of being so hungry for lunch that you overeat or binge later in the day. Choose a combination of whole-grains, protein, fruits, and vegetables to give you longer lasting energy throughout the morning. If you're really not hungry early in the morning have something light, then have a healthy snack at mid-morning.



## TOP 3 REASONS TO EAT BREAKFAST:

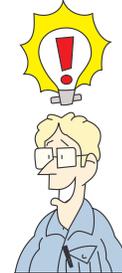
### More Energy



### Prevents Overeating



### Better Concentration



## Quick and Easy Meals

- ▶ Non-fat yogurt with whole-grain cereal
- ▶ English muffin topped with tomato sauce and mozzarella cheese
- ▶ Bagel with low-fat cream cheese
- ▶ Pita bread stuffed with scrambled eggs and salsa
- ▶ Fruit smoothie (blended with juice and/or low-fat milk or yogurt)
- ▶ Cottage cheese and diced fruit
- ▶ Warm tortilla with low-fat cheese
- ▶ Cereal with low-fat milk and fruit



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