

# Facts Page

Let these breakfast facts help enhance your lesson.

## Why should we eat breakfast?

- Breakfast is the meal most often skipped
- Our bodies need to refuel after not eating for 10 - 12 hours
- Children and adults who eat breakfast get more done at school and work

The brain needs a fresh supply of energy (glucose) after the “fast” of 10 to 12 hours – it has no stored reserves.

### Breakfast “skippers” feel:

- tired
  - irritable
  - restless
- in the morning

### Breakfast eaters feel:

- stronger
- energized
- better able to concentrate and problem-solve throughout the day

### Breakfast doesn't have to be:

- Big
- Sit-down
- Traditional
- Right away after waking up

### Quick tips for a great breakfast:

- \* cheese slices on toast
- \* leftover pizza or casserole
- \* lowfat yogurt with added fruit
- \* peanut butter on crackers
- \* breakfast shake or smoothie

### For breakfast ideas, check out these websites:

Produce for Better Health: <http://www.fruitsandveggiesmorematters.org>  
[www.whymilk.com](http://www.whymilk.com)

Canned Food Alliance: [www.mealtime.org](http://www.mealtime.org)

