Why eat breakfast?

For nutrients

- When you eat breakfast, you're more likely to get all the nutrients your body needs for the day.

For learning

- People who eat breakfast are ready to learn.
- Breakfast primes your brain for problem solving, concentrating and memorizing.

For weight control

- Breakfast eaters are less likely to overeat later in the day.
- Skipping breakfast has been linked to obesity.

Break-the-fast

Breakfast

- Most important meal of the day.
- Fuels your body after an eight to 12 hour fast and supplies needed nutrients.
- Breakfast skippers are often more tired, irritable and restless than people who eat breakfast.

Easy, nutrient-packed breakfast ideas

- Whole-grain cereal topped with a banana and low-fat milk.
- Breakfast smoothie with blended milk, fruit and bran.
- Yogurt topped with granola and fruit.
- Trail mix made with your favorite cereal, nuts and dried fruit.
- Leftovers from last night's dinner and a glass of low-fat milk.

This display was developed by: Pattie Jones, SE Region Nutrition Program Assistant

For more about nutrition and health, visit missourifamilies.org.

Running out of money for food? Contact your local Food Stamp office or go to: www.dss.mo.gov/fsd/fstamp.

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Beat your breakfast barriers!

Not enough time?

- Make a quick and easy breakfast.
- Set out items the night before.
- Take food with you.

Not hungry in the morning?

- Begin with a small meal like toast and juice.
- Take something with you for a mid-morning snack.

Don't like breakfast food?

- Breakfast can be anything!
- Something is better than nothing.
- Eat what you like, and make it healthy.

Think you will gain weight?

- Breakfast can help you lose or maintain your weight.
- Choose lean foods like fruits, low-fat dairy, and whole grains to satisfy your hunger.