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:
◆ A fast is a time period when you eat and drink little or nothing.
◆ Breakfast fuels your body after the nightly 8-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

Breakfast

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.

Funded in part by USDA SNAP
For more information, call MU Extension's Show Me Nutrition line at 1-888-525-0016.
Running out of money for food? Contact your local Food Stamp office or go online to dss.mo.gov/fsd/fsdamp.

Fueled in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-525-0016.
Running out of money for food? Contact your local Food Stamp office or go online to dss.mo.gov/fsd/fsdamp.

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.

Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-525-0016.
Running out of money for food? Contact your local Food Stamp office or go online to dss.mo.gov/fsd/fsdamp.

Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-525-0016.
Running out of money for food? Contact your local Food Stamp office or go online to dss.mo.gov/fsd/fsdamp.

Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-525-0016.
Running out of money for food? Contact your local Food Stamp office or go online to dss.mo.gov/fsd/fsdamp.

Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-525-0016.
Running out of money for food? Contact your local Food Stamp office or go online to dss.mo.gov/fsd/fsdamp.

Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-525-0016.
Running out of money for food? Contact your local Food Stamp office or go online to dss.mo.gov/fsd/fsdamp.

Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-525-0016.
Running out of money for food? Contact your local Food Stamp office or go online to dss.mo.gov/fsd/fsdamp.

Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-525-0016.
Running out of money for food? Contact your local Food Stamp office or go online to dss.mo.gov/fsd/fsdamp.

Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-525-0016.
Running out of money for food? Contact your local Food Stamp office or go online to dss.mo.gov/fsd/fsdamp.

Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-525-0016.
Running out of money for food? Contact your local Food Stamp office or go online to dss.mo.gov/fsd/fsdamp.