

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

Canned Food Alliance: www.mealtime.org



This project is supported by the USDA through a contract awarded by Income Maintenance/Employment Preparation Services, Kansas Department of Social and Rehabilitative Services.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's Target Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington DC, 20250-9410 or call (202) 720-5994 (voice and TDD). USDA is an equal opportunity provider and employer.