

# breakfast

**IMPORTANT  
FOR  
YOU!**



*Breakfast provides energy and nutrients that help both kids and grown-ups keep up with their day!*

Compared to those who skip breakfast, people who eat breakfast...

- Are more likely to get the nutrients they need each day, like calcium, iron and more!
- Are able to concentrate and learn better at school
- Are less likely to be overweight
- Have more energy

*Breakfast is a benefit in many ways!*

What makes a good breakfast?

- Low-fat cereals or grains, especially whole grains
- Fruit, fruit juices or vegetables
- Low-fat or skim milk, or other calcium-rich foods

*Start your day in a great-tasting way – have breakfast!*