

WHY DO YOU NEED BREAKFAST?



NUTRITION BOOST

Eating a healthy breakfast means you are more likely to get all the nutrients you need in a day like calcium, B vitamins, iron, and fiber.



BRAIN FOOD

Did you know 60% of learning happens before lunch? Eating breakfast could improve your memory, test grades and concentration.



ENERGY FOR PLAY

Breakfast gives you fuel to have fun in gym class, recess, and after school activities.



FEWER SICK DAYS

A good breakfast provides protein and vitamins to keep your body strong.

Information provided by:

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