

Breakfast - The most important meal of the day!

Why eat breakfast?

Breakfast is often called the most important meal of the day, and there are good reasons for that. Eating breakfast benefits both adults and children in many ways.



Energy for your day

When you wake up in the morning, your body has been fasting, or going without food, during the hours you were sleeping. Eating breakfast means you “break the fast” and give your body and brain the energy they need to function. Starting the day with more energy means you’ll feel better throughout the day.

A healthy eating pattern

By eating breakfast, you will feel more satisfied and less likely to overeat later in the day. If you are trying to lose weight, don’t try to cut calories by skipping breakfast. Studies have shown that most people who have lost weight and keep it off eat breakfast every day.

Better at work and school

Studies have shown that adults who eat a healthy breakfast are more efficient during their work day than those who do not. Children who do not have breakfast get sleepy at school, have a harder time paying attention and tend to eat more junk food later in the day. Kids who eat breakfast get higher test scores and perform better in sports.

Nutrition Benefits

Breakfast is a better opportunity to eat nutritious foods like whole grains, fruits, and dairy products. Ensure that you are getting all of the vitamins you need.

