Benefits of Breakfast

Higher Academic Scores

Students who eat breakfast earn, on average, a letter grade higher in math than kids who don't, according to Pediatrics Magazine.

Studies also show that eating breakfast results in higher test scores. (www.schoolnutrition.org)

Improved Behavior

Kids who eat breakfast won't be hungry and therefore are less likely to have discipline problems.

Better Class Attendance

Children who eat breakfast are absent from school fewer days. Ironic as it may be, children who claim they don't eat breakfast due to a lack of time in the morning are tardy more often than those who take time for a morning meal.

More Nutritious

Breakfast eaters generally meet vitamin and mineral requirements for prevention of deficiencies. They consume more fiber, vitamin C, calcium and folic acid. Unfortunately, children who miss breakfast do not make up for lost nutrients later in the day.

Helps Weight Control

Eating breakfast helps to establish a normal eating pattern. Eating regular meals and snacks is a key to maintaining a healthy weight throughout life. Increasing childhood obesity is in part attributed to the disappearance of normal eating patterns in many of today's households.

On any given day, 51% of children go to school without breakfast. Make sure your kids don't skip the most important meal of the day.

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