

DID YOU KNOW?

By eating breakfast at school every day, you can have higher energy, improved concentration, and better test scores... and it tastes great!

In accordance with the School Breakfast Program (SBP), breakfast includes three of the five food groups. All breads and cereals are whole grain rich and all cereals are reduced in sugar.

NUTRITIONAL FACTS:



PERFORMANCE—Students who eat breakfast generally have a better work performance because breakfast replenishes blood sugar levels.

WEIGHT CONTROL—Many people believe that skipping breakfast will help lose weight, but that is incorrect. People who eat a healthy breakfast are more likely to snack less than those who did not eat breakfast.



OVERALL NUTRITION—Typical breakfast foods can provide up to 30% of the daily values for important nutrients.

Mornings are hectic—Save time at home by eating a great tasting breakfast at school!

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.

This institution is an equal opportunity provider.

For more information visit <http://www.fns.usda.gov/sites/default/files/dietaryspecs.pdf>

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