

“FOOD FOR THOUGHT”

Breakfast – A Great Start to Being Smart

Breakfast is the most important meal of the day. It “breaks” the night’s “fast” by replacing the energy reserves our body used overnight. Breakfast usually contributes to a significant amount of daily requirements for calcium, iron, and Vitamin C. However, America continues to be a nation of breakfast skippers. School-aged children, especially teenagers, are the biggest offenders.

Studies confirm students who ate breakfast show a significant improvement in test scores. Adults who eat breakfast are more productive.

For parents’ convenience, many Amelia County Public Schools offer breakfast for students at a reasonable price or free and reduced price to eligible students.



Pizza for Breakfast?!!

Today there are no “just for breakfast” foods. You can be creative as you plan a breakfast to include about one-fourth of your daily needs for calories, protein, vitamins, and minerals.

Studies continually show the relationship between eating breakfast and good health. Breakfast may help to control body weight by reducing the urge to snack. Studies show that breakfast skippers do not metabolize the rest of their daily consumption as efficiently as breakfast eaters do. This creates a potential for weight gain. Breakfast may also play a role in lowering cholesterol levels when cereal or breads with fiber are included.



BENEFITS:

- Makes you more alert.
- Helps you be a better problem solver.
- Increases your creativity.
- Strengthens your immune system.

A NUTRITIOUS BREAKFAST SHOULD INCLUDE:

QUICK & EASY

8 oz. low fat yogurt 2 slices
whole wheat toast 2 tbsp.
peanut butter 8 oz. fruit or
fruit juice

QUICKER & EASIER

1 oz. whole grain cereal 1
cup skim milk 1 oz. nuts 8
oz. fruit or fruit juice