

Wellness Topic

Breakfast

Your mother was right: breakfast really is the most important meal of the day. Not only does it give you energy to start a new day, but breakfast is linked to many health benefits, including weight control and improved performance.

Studies show that eating a *healthy* breakfast (as opposed to the kind containing doughnuts) can help give you:

- A more nutritionally complete diet, higher in nutrients, vitamins and minerals
- Improved concentration and performance in the classroom or the boardroom
- More strength and endurance to engage in physical activity
- Lower cholesterol levels

Eating breakfast is important for everyone, but is especially so for children and adolescents. According to the American Dietetic Association, children who eat breakfast perform better in the classroom and on the playground, with better concentration, problem-solving skills, and hand-eye coordination.