

### **IMPORTANCE OF EATING BREAKFAST**



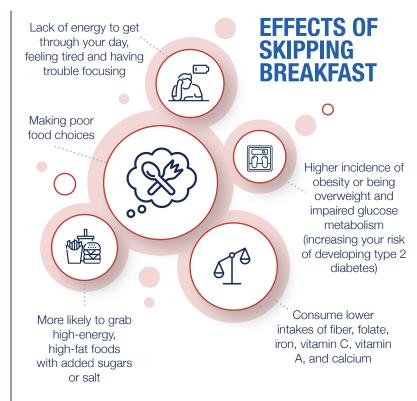


When you wake up in the morning your body is in a state of fasting because you likely haven't eaten for several hours.

This fasting state requires you to replace energy and nutrient stores within your body.

Eating breakfast will replenish these nutrients and restore glycogen levels to help boost energy levels and jump start your metabolism for the day.

#### **BENEFITS OF** Mental alertness, boosted **EATING BREAKFAST** memory and attention span Better brain function and academic performance Reduces risk of chronic disease and illness (÷)(÷) Mood, wellbeing and mental health considerations Long-term health outcomes like a lower risk of type 2 diabetes, cardiovascular disease and heart disease Healthier diets and better eating habits, improved anxiety, general, wellbeing, and



### **BUILD A BALANCED BREAKFAST**

Eat 2-3 of these types of foods for breakfast to get sufficient nutrients and avoid hunger.

# Carbohydrates and Whole Grains





#### **Protein**









Fruits or

Vegetables

optimism

**Fluids** 



## COMMON REASONS FOR SKIPPING BREAKFAST

Not having enough time or wanting the extra time for sleep or staying in bed

Not feeling hungry in

the morning



Trying to lose weight or dieting



Being too tired



No breakfast foods readily available



Bored of the same breakfast foods



foods