

# IMPORTANCE OF EATING BREAKFAST

**?** Is breakfast really the most important meal of the day?

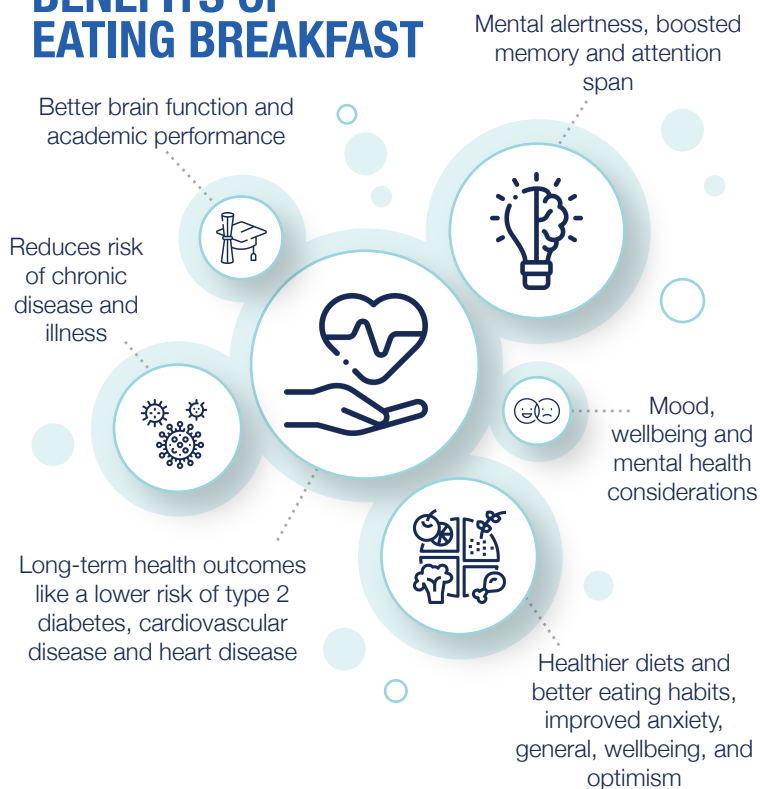
**YES!**

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

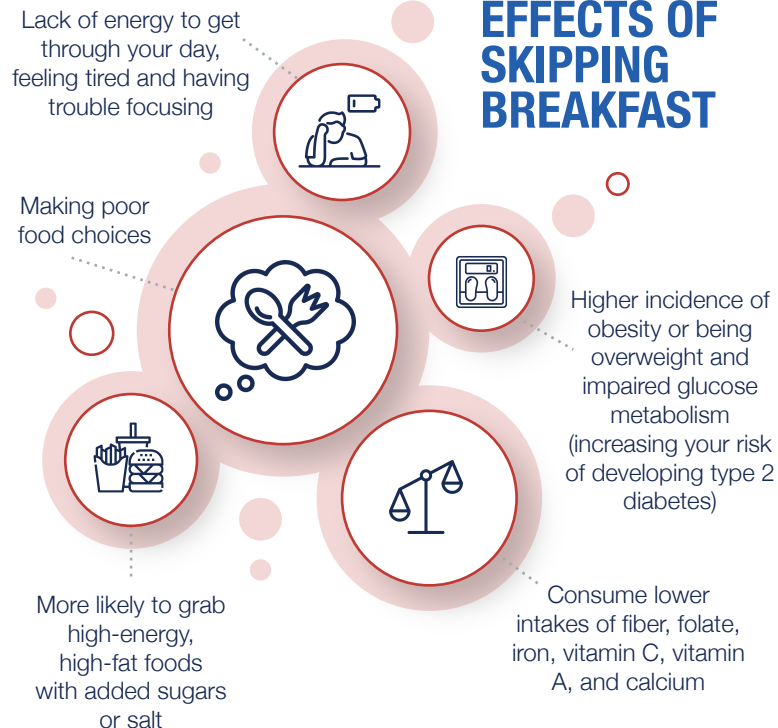
This fasting state requires you to replace energy and nutrient stores within your body.

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 EATING BREAKFAST



## EFFECTS OF SKIPPING BREAKFAST



## 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**



**Fluids**



## COMMON REASONS FOR SKIPPING BREAKFAST

