

The Word on Wellness

September 2019

The Benefits of Eating

Breakfast



Improved Concentration

Students who eat a healthy breakfast tend to have better concentration versus students who skip breakfast altogether. When the day starts with breakfast, students can focus on the task at hand better and become less distracted by outside influences. They're also able to understand what's being taught more easily and retain new information.

Better Test Scores

Students who eat breakfast before starting their school day don't just concentrate better, they tend to score better on academic tests in math, reading, and science. Researchers believe that this is because the breakfast provides the energy necessary to increase cognitive, or thinking, speed and problem-solving skills.

Increased Energy

When you sleep, you're technically fasting, since you're going without food. Because of this, your blood sugar starts to drop overnight. When you wake up and eat breakfast, it provides the glucose your body needs for energy to get through the day.

Beyond Academics

It's not just about test scores and concentration, though. Eating breakfast can help students meet their daily nutrient needs more easily. According to a report published in the journal *Frontiers in Human Neuroscience*, students who regularly eat breakfast take in approximately 20 to 60 percent more iron, B vitamins and vitamin D than children who skip breakfast. Breakfast eaters also tend to take in more daily fiber and lower total fat and dietary cholesterol.

Breakfast Ideas

Mini Muffins ~Toasted English Muffin & Peanut Butter ~Toast ~Bacon & Eggs~
Fresh Fruit ~Granola ~ Smoothie ~Yogurt ~ Cereal and Milk~Dry Cereal in a
Baggie~Bacon, Egg, & Cheese Sandwich ~Trail Mix~Breakfast Burritos~ Waffles or
Pancakes~Dried Fruit~Oatmeal~Avacado Toast~ Granola Bar ~ Cinnamon Rolls.