

Breakfast is Best!



Why Eat Breakfast Everyday?

- Those who eat breakfast are more likely to maintain a healthy weight.
- Skipping breakfast can lead to overeating later in the day.
- Eat breakfast for a balanced supply of mental and physical energy.
- Gives families and friends a time to spend together.



Not Hungry in the Morning?

GET PLENTY OF SLEEP...

- Have your last meal or snack a few hours before bed.
- Tired kids are often not hungry. Sleep boosts energy levels and helps us focus.
- Children 5-12 years need 10 to 11 hours of sleep.
- Teens need 8.5 to 9.5 hours of sleep.
- Eat something small before school and then have a mid-morning snack.

Get More Information at Hawaii5210.Org

Boost Your Energy & Brain Power!

**Breakfast Builds Better Bodies!
Breakfast is Fuel for School!**

Fuel Up with Breakfast

BRAIN POWER



Better focus
Less distraction
Better school attendance



Better grades
Improved test scores
Better memory



Improved mood
Increased alertness
Boosted energy



Provides daily nutrients
Supports healthy weight