

Jump Start Your Day with Breakfast

Everyone should start his or her day with breakfast because breakfast really is the most important meal of the day. However, despite the healthful benefits, breakfast may be the meal that is most often neglected or skipped. Eating breakfast fuels the brain and body to help provide energy and better concentration and problem-solving ability throughout the day.

Breakfast is the first chance the body has to refuel its glucose levels, also known as blood sugar, after eight to 12 hours without a meal or snack. Glucose is essential for the brain and is the main energy source. Blood glucose also helps fuel the muscles needed for physical activity throughout the day. Kids who skip breakfast often feel tired, restless, and/or irritable in the morning.

Easy to prepare breakfasts or breakfasts on the run include cold cereal with milk and fruit juice, whole-wheat toast with peanut butter, yogurt, fruit, waffles, muffins, or granola bars. Remember that eating breakfast also helps kids stay focused and do better in school.