

# Top 10 Reasons to Eat Breakfast at School

- 1. Save Time in the Morning**

Eating breakfast at school allows you to save time in the morning and let your kids sleep in a little bit longer.
- 2. Healthier Kids**

Research shows students who eat breakfast make less trips to the school nurse and miss fewer days of school.
- 3. Stay Full All Day**

People who skip breakfast are more likely to eat extra calories throughout the day.
- 4. Lower Your Risk of Diabetes**

According to the American Heart Association, people who eat breakfast are significantly less likely to develop diabetes than people who skip breakfast.
- 5. Maintain a Healthy Weight**

A study by the National Weight Control Registry shows that eating breakfast helps people control their weight.
- 6. Enhanced Memory**

According to experts, eating breakfast improves memory and learning.
- 7. Improved Tests Scores**

According to the USDA, eating breakfast can help improve math, reading, and standardized test scores.
- 8. Enhanced Concentration**

According to the Academy of Nutrition and Dietetics, people who eat breakfast are better able to concentrate throughout the day.
- 9. Exercise Better**

Researchers believe that people who eat breakfast have higher energy levels as well as more strength and endurance to engage in physical activity.
- 10. Better Nutrition**

Studies have also shown that kids who eat breakfast consume more vitamins, minerals, and fiber throughout the day.