

Make Time for Breakfast and Reap the Benefits!



Increases physical energy

Helps improve test scores and grades

A+



May help maintain a healthy body weight

Helps with muscle building and repair



Helps you focus more clearly and be alert at school



Protein at breakfast helps you from getting hungry so quickly

Include Protein for a Power-Packed Breakfast



Yogurt and fruit smoothie with a granola bar

Egg and cheese burrito with avocado and salsa



Peanut butter on toast with milk and an apple



Protein-packed foods



Greek Yogurt
6 ounce carton



1 Cup of Milk



Peanut Butter
2 Tbsp



2 Eggs



EatMoveWin.org

SOURCES:
Bradley et al. J Adolesc Health, 2013.
Leidy et al. Am J Clin Nutr, 2013.
Food and Healthy Survey. Foodinsight.org, 2008.