

Breakfast Bonanza



Top 10 Reasons to Eat in the AM

- 1 Start the day right.** Eating in the morning is the easiest and tastiest way to energize your day and to reduce your stress level before it gets started.
- 2 Change your family's attitude.** It's a fact; eating breakfast makes kids more positive, less irritable, and more fun to be around, all morning long!
- 3 Improve kids' performance at school.** Breakfast is the quickest and tastiest way to help kids do better on special tests and everyday classroom work.
- 4 Improve your performance at work.** Breakfast works for you too. It can help you concentrate on your work, boost your morale, and do a better job.
- 5 Improve everyone's physical performance.** Breakfast provides fuel for school sports, lunchtime basketball games, or neighborhood power-walks.
- 6 Help your family maintain a healthy weight.** Breakfast eaters have an easier time controlling their weight than breakfast skippers.
- 7 Get the nutrients your body needs.** Breakfast eaters get more vitamins and minerals - nutrients you need to fight infections and stay healthy.
- 8 Look great and feel better.** Breakfast helps put a sparkle in your eyes, a shine to your cheeks, and a smile on your face - what a way to start the day!
- 9 Set a super example for your kids.** If you enjoy eating well in the morning, your kids will too! *Eat Healthy. Eat Breakfast.* - your kids are watching.
- 10 Enjoy the great taste of eating well.** With old favorites or adventurous new ones, wake up your taste buds with the delicious flavors of health.

Whatever you do...**eat breakfast.**

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