



BENEFITS OF BREAKFAST

1

Eating breakfast may help with weight control.

A recent systematic review of 45 observational studies confirms that skipping breakfast is associated with an increased risk of overweight and obesity.

2

Breakfast can be good for your heart.

Rates of heart disease are higher in those who skip breakfast, according to a meta-analysis of case-control, cross-sectional, longitudinal, and cohort studies.

3

Breakfast can boost learning.

A British study evaluating intake of consistent school-day breakfast with academic achievement indicates that regular breakfast eaters scored higher in math and English compared to non-breakfast eaters.