

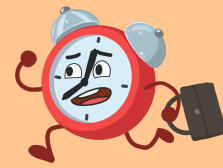


YOUR BRAIN NEEDS FUEL

When you skip breakfast, you may feel:

- 😴 Tired
- 😵 Foggy
- 😠 Moody
- 🍟 Extra hungry later

FOOD = FOCUS.



"I DON'T HAVE TIME."

Try quick options:

- 🥞 Peanut butter toast
- 🍌 Banana + yogurt
- 🥤 Smoothie
- 🥣 Oatmeal cup
- 🧀 Cheese stick + fruit

DOESN'T HAVE TO BE FANCY. JUST FUEL.



NOT HUNGRY IN THE MORNING?

That's okay.

Start small.

Eat within a couple hours of waking up.

Train your body to expect fuel.

NO BREAKFAST? NO FUEL.



ATHLETES, LISTEN UP

No breakfast can mean:

- Slower reaction time
- Lower endurance
- Feeling weak or shaky

EVEN SOMETHING SMALL HELPS.



BOTTOM LINE

BREAKFAST = ENERGY
ENERGY = BETTER FOCUS
BETTER FOCUS = BETTER PERFORMANCE

Food first. Always.

Resources, more information:

Mayo Clinic Health System

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/fuel-the-school-day-with-an-a-plus-breakfast>

CDC (MMWR, 2024)

<https://www.cdc.gov/mmwr/volumes/73/su/su7304a10.htm>

Texas Children's Hospital

<https://www.texaschildrens.org/content/wellness/every-child-should-start-day-breakfast>

HealthyChildren.org (American Academy of Pediatrics)

<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Breakfast-for-Learning.aspx>

KidsHealth

<https://kidshealth.org/en/teens/breakfast-sheet.html>