

## What's That Meal That Comes After Last Night's Dinner but Before Today's Lunch? Oh Yeah – Breakfast!

As children pack up their backpacks and head off to school, it's important to remember to send them out the door with a healthy breakfast under their belts. While you're at it, you had better eat up too! Take a look at the following information the Mayo Clinic offers about eating a healthy breakfast.

Studies show that breakfast-eaters are more likely to:

- Consume more vitamins and minerals while taking in less fat and cholesterol on a daily basis.
- Have lower cholesterol, reducing their risk of heart disease.
- Concentrate better and experience increased productivity throughout the morning.
- Control their weight because breakfast may reduce hunger later in the day or may help them choose lighter foods at later meals.
- Have higher energy levels which may help them to engage in more physical activity than those who don't eat breakfast.

Make sure breakfast consists of items from at least three of the following four food groups: fruits and vegetables, grains, dairy and protein.

A healthy breakfast is good for both mind and body so, whether young or not-so young, have breakfast each morning to start the day out right!

For more information visit;  
[www.MayoClinic.com](http://www.MayoClinic.com) (search 'breakfast')