

“Breakfast is the Most Important Meal of the Day”, this is a phrase we have heard time and again throughout our lives. Why? A healthy, well-balanced breakfast gives us the necessary energy boost to start the day, and can increase overall performance academically. The following are a few specific reasons not to miss this important meal:

- Breakfast restores blood sugar levels after hours of not eating.
- It has been found that students who do not have their breakfast before going to school can have physical and psychological problems such as headache, sleepiness and stomach pain, Indecisiveness, anxiety, irritability and nervousness.
- These physical and psychological problems can distract from the learning process.
- Eating breakfast has been shown to increase concentration and memory for better recall and retention of information learned.
- Problem solving skills, creativity and hand-eye coordination are enhanced.
- Studies have shown that there is a direct correlation between eating breakfast and higher test scores.

Some quick and easy “out of the box” ideas for a healthy breakfast

Cooked oatmeal topped with nuts and berries (frozen berries are great to have on hand for easy access)

A whole-wheat pita stuffed with hard-boiled eggs

A smoothie blended from fruits, low-fat Greek yogurt and a spoonful of wheat germ or flax meal

Whole-wheat crackers with cheese and apple slices

A scrambled egg burrito (scrambled eggs, cheese and salsa in a whole wheat tortilla) only takes 5 minutes to make, grab and go!

Cottage cheese with fruit and some almonds

Even a Protein Bar – one that has a good balance of protein, carbs and fat, low in sugar – is better to grab and go than to go without breakfast at all.

For all the excuses there are for skipping breakfast, the benefits above are compelling reasons to stop making excuses and start the day off right!