Don’t Skip Breakfast!

Breakfast is the first of 3 important meals you should eat during the day. It can be hard to eat breakfast if you’re busy, but skipping your first meal of the day can affect the rest of your day. This handout will explain the importance of eating breakfast and give you some breakfast ideas.

WHY IS BREAKFAST SO IMPORTANT?
Breakfast is important for many reasons:

- Breakfast gives you the energy you need to start the day.
- When you eat breakfast, you are not as hungry during the day.
- You will have more energy for school and other activities.
- Breakfast keeps your bones healthy.
- Breakfast helps you maintain a healthier weight.

WHAT HAPPENS IF I DON’T EAT BREAKFAST?
If you don’t eat breakfast, you might gain extra weight. This is because eating breakfast jumpstarts your metabolism (how your body breaks down food to use as energy). When you skip breakfast, your metabolism slows down.

WHAT SHOULD I EAT FOR BREAKFAST?
You should eat foods that are high in protein for breakfast. Protein helps keep you full and focused at school. Protein also gives you the energy you need to start the day.

WHICH BREAKFAST FOODS HAVE PROTEIN?
Here are some breakfast foods with lots of protein:

- Whole-grain toast with your favorite nut butter, like peanut butter, almond butter or soynut butter
- Eggs
- Yogurt
- Whole-grain cereal with milk

A note for your parents...

Teens learn their eating habits from family and peer groups. It’s important for your family to model healthy eating behaviors and not skip meals. If your family eats breakfast every day, your teen is more likely to eat breakfast every day too. The opposite is also true. If your family doesn’t eat breakfast, your teen is more likely to skip breakfast too.

As teens grow up, their friends and peer groups play an important role in whether they eat breakfast or skip it.