



Fact Sheet

Breakfast aids physical growth and academic success

Mornings may be a frenzied blur of activity – rushing to get lunches packed and meet the bus, but if you want your child to be healthy and do well in school, feed them a nutritious breakfast.

Even if it's just cold cereal with low-fat milk, or yogurt and granola, breakfast is vital to your child's health. It helps your child take in more fiber, calcium, iron, vitamin C, and other vitamins and minerals. It supports your child's growth and development, and it determines how well your child will perform in school that day.

Studies show children who eat a complete breakfast will make fewer mistakes and will work faster in math. They will have a better attention span and memory, and will perform better on vocabulary tests.

Research also shows the quality of food children eat affects their thinking processes and is critical to their growth and development. Normal brain development requires a variety of nutrients, including proteins, carbohydrates, water, and fat.

Research shows that kids who don't eat a healthy breakfast miss more days of school, and perform worse in school. Those who do eat breakfast pay closer attention in school, behave better, are less likely to be absent or late, and don't visit the school nurse as often.

Even kids recognize the benefits of breakfast. In one study kids stated that eating breakfast gives them more energy and helps them pay attention in school. But, parents, they need you to provide the nutritious breakfast they need. Tomorrow morning, slow down and make sure your child gets a healthy breakfast, and a healthy start to the day.

The Phelps/Maries County Health Department – caring for your family,
caring for our community, caring for YOU!



Phelps/Maries County Health Dept

200 N Main, Suite G51, Rolla, MO 65401

(573) 458-6010 office

www.phelpscountyhealth.com



Public Health
Prevent. Promote. Protect.

