


Fuel Up First Thing It's Good On The Brain!

test scores, alertness, memory, and even attitude. All have shown beyond a shadow of a doubt that eating breakfast improves your ability to think, remember, learn, and perform. When children wake up from a night's sleep, they have been fasting for anywhere from 8 to 12 hours. They need to eat something early in the morning to replenish their blood sugar. The brain operates almost exclusively on blood sugar, especially in the short term, and when children haven't eaten for several hours, blood sugar is in short supply. This is one reason why eating breakfast is so critical.

An important component of a good breakfast is a source of carbohydrates. Carbohydrates are readily converted to blood sugar than proteins and fats. So if you have a choice, start with carbohydrates, but try to include proteins when possible. The carbohydrates give kids the jump start they need to begin their day ready to learn. Proteins are essential in sustaining the body with energy until they can refuel again at lunchtime.

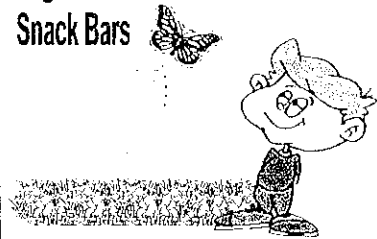
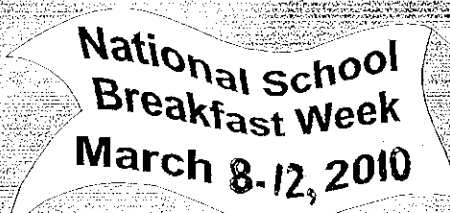
Breakfast really is the most important meal of the day. Numerous studies have

evaluated the effect of eating breakfast and skipping breakfast on several aspects of performance, including




The Best Foods To Choose Break The Fast!


- Whole- Grain Cereals
- Bagels with Peanut Butter
- Whole Grain Toast with Fruit Spread
- Oatmeal or Whole Wheat Cereals
- Fruits and 100% Fruit Juices
- Milk (fat-free or reduced-fat)
- Yogurt
- Snack Bars

**National School Breakfast Week
March 8-12, 2010**



Be Flexible: Something Is Better Than Nothing. Early mornings are not the time to argue over what is the healthiest choice for breakfast. Research supports that eating something is better than eating nothing!



Marietta City Schools
Working Together for Wellness Sake

