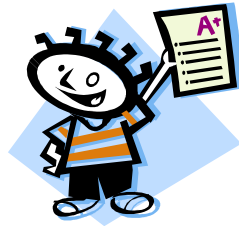


Do you want to improve your **MOOD**, have more **ENERGY**, **PERFORM** better in class and maintain a **HEALTHY BODY WEIGHT** ?

You can do all of the above by simply Eating Breakfast! Your brain usually runs on **glucose**, the fuel needed to think, walk, talk, and carry on most activities. We get glucose by eating foods that contain carbohydrates (fruit, grains, vegetables, and dairy products). When we are not eating our bodies rely on stored fuels (glucose, fats and protein) to supply the brain, nervous system and organs. When you eat your last meal of the day in the evening and the following morning skip breakfast and wait several hours to eat, your body has used up the small amount of glucose that we store in the liver (the brain uses fuel **24/7**). Now your body will have to work hard to turn fat or protein into a usable form for your brain to function and many of the body's processes are slowed in response. Studies have shown over and over again that eating breakfast can improve concentration, problem solving ability, mental performance, memory and mood, and it will "jump-start" your metabolism. "Breakfast" doesn't have to be eaten in the morning if you get up at noon . . . it's the first meal of the day and should be consumed within an hour or two after waking.



Concerned that breakfast just gives you extra calories? Think again. Research shows that people who eat breakfast eat **less** later in the day and maintain healthier body weights, reducing the risk of developing health problems like obesity and diabetes. But **what you eat** is important! A recent study in England showed that kids who ate a meal consisting of bran cereal or rolled oats (both unprocessed and non-sugary) felt more full and ate less at lunchtime than kids who had cornflakes or white bread for breakfast. Less processed, higher fiber foods are broken down more slowly by the body and provide a supply of energy coming in for hours. Finnish researchers reported that those who miss breakfast also tend to smoke more, drink more alcohol and do less exercise than those who make time for the meal.

Breakfast skippers have a hard time fitting important nutrients into their diets. Many of the foods eaten at breakfast contain significant amounts of vitamins C and D, calcium, iron and fiber. What if you don't have time to eat breakfast in the morning? There are plenty of nutritious foods you can bring along with you to school or work. Grab a yogurt, a small bag of whole grain cold cereal (like Cheerios), hard boiled eggs, string cheese, low-fat granola bars, or a peanut butter sandwich. Include a serving of skim milk, 100% juice or piece of fruit and you will be off to a great start for the day! Next time you wake up and your stomach growls, listen . . . your brain is calling for fuel!



Information provided by Lucia Rhodes, Dietetics Student 11/04.