

# DID YOU EAT BREAKFAST TODAY?



## WHAT'S ALL THIS FUSS ABOUT HAVING BREAKFAST?

You've heard it from your parents, your peers, and your teachers: **breakfast is the most important meal of the day**. *They are not just saying this for fun*. If you believe that having energy is a must to function efficiently throughout the day then taking action by **eating breakfast is an important step**. Imagine a car running on little fuel during the course of the day, it will not get very far. Your body works the same way! Without enough calories as energy in your system, you will barely make it throughout the day without thinking about where you can squeeze in that 20 minute nap. Many people believe that breakfast is too time consuming, placing it low on their list of priorities during a busy morning. However, take a look at some **potential benefits** you are losing by skipping breakfast.

### INVEST IN YOUR HEALTH!

✚ **Have more energy**

✚ **Improve your concentration and be more alert**

✚ **Maintain a healthy weight**

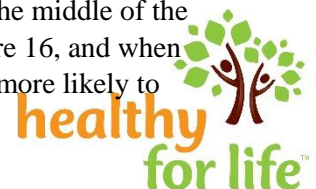
✚ **Deal better with daily stress**



*According to studies from the Region of Waterloo Public Health, individuals who consume breakfast have a lower risk of being overweight and are more likely to meet their nutritional needs*

## STILL NOT CONVINCED BREAKFAST IS IMPORTANT?

According to researchers at Umea University, it was found that teens who ate no breakfast in the mornings compared to those who did were two-thirds more likely of developing risks associated with heart disease and diabetes by the time they reached 40. Eating breakfast will help people stick to a nutritious diet for the remainder of the day. Missing breakfast will cause hunger urges in the middle of the day resulting in overeating. The researchers later examined the individuals when they were 16, and when they were 43. They found that those who had missed breakfast as a teenager were 68% more likely to have metabolic syndrome later on in life.



## NOT SURE WHAT TO HAVE FOR BREAKFAST?

Article Written by: Reean Osman.