Fuel Up with Breakfast

Eating breakfast has been linked to many benefits, including:

- **Increased test scores, math grades, memory, and learning.**
- **Increased attendance, behavior, and attention.**
- **Decreased childhood obesity.**
- **Improved diets rich in important nutrients.**

**17.5%** higher scores on standardized math tests

**Children who eat breakfast have a lower body mass index than those who skip breakfast.**

**Calcium**

**Protein**

**Potassium**

**Vitamin A**

**Iron**

**Fiber**

**Phosphorus**

**Vitamin C**

For more information please call (800) 241-MILK (6455), or visit www.MilkMeansMore.org

Additional resources and references about breakfast:

- [boostbreakfast.com](http://boostbreakfast.com)
- [www.michigan.gov/mde/0,4615,7-140-66254_50144_73101---,00.html](http://www.michigan.gov/mde/0,4615,7-140-66254_50144_73101---,00.html)
- [frac.org/federal-foodnutrition-programs/school-breakfast-program](http://frac.org/federal-foodnutrition-programs/school-breakfast-program)
- [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
- [childobesity180.org/breakfast-effect](http://childobesity180.org/breakfast-effect)
- [bestpractices.nokidhungry.org/school-breakfast](http://bestpractices.nokidhungry.org/school-breakfast)
- [https://bestpractices.nokidhungry.org/school-breakfast](https://bestpractices.nokidhungry.org/school-breakfast)
- [https://www.fueluptoplay60.com](https://www.fueluptoplay60.com)