

# 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.

**17.5%  
HIGHER  
SCORES ON  
STANDARDIZED  
MATH TESTS**

**+ ÷ =**



**THOSE WHO EAT  
BREAKFAST  
ATTEND**

**1.5  
MORE DAYS OF  
SCHOOL  
PER YEAR**



Decreased childhood obesity.

Improved diets rich in important nutrients.

**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**

**ADDITIONAL RESOURCES AND REFERENCES ABOUT BREAKFAST:**

- <http://boostbreakfast.com>
- [http://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)
- <http://frac.org/federal-foodnutrition-programs/school-breakfast-program>
- <http://www.actionforhealthykids.org>
- <http://childobesity180.org/breakfast-effect>
- <https://bestpractices.nokidhungry.org/school-breakfast>
- <https://www.fueluptoplay60.com>



For more information please call (800) 241-MILK (6455), or visit [www.MilkMeansMore.org](http://www.MilkMeansMore.org)