Fuel Up with Breakfast

Eating breakfast has been linked to many benefits, including...

Increased test scores, math grades, memory, and learning.

17.5% HIGHER SCORES ON STANDARDIZED MATH TESTS

Increased attendance, behavior, and attention.

THOSE WHO EAT BREAKFAST ATTEND 1.5 MORE DAYS OF SCHOOL PER YEAR

Decreased childhood obesity.

CHILDREN WHO EAT BREAKFAST — HAVE A — LOWER BODY MASS INDEX THAN THOSE WHO SKIP BREAKFAST

Improved diets rich in important nutrients.

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://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

milk Means More
United Dairy Industry of Michigan

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