

The Kane County Coalition for Health and Wellness



Stall Street Journal



The Breakfast Buzz

Is breakfast really that important??? **YES!**

Want to Lose Weight?

Studies show that people who eat breakfast actually weigh less than those who do not?

What should I eat?

Breakfast should include something high in fiber. Try a bran cereal with fruit and low fat milk.

Don't have Time?

Grab a piece of fruit on your way out the door. Its fast, easy and a great way to incorporate fiber into your day!

Can't I just eat a doughnut and coffee?

Doughnuts are high in calories, fat, and sugar; there simply are not enough nutrients that your body needs.

For more information contact Maureen Obuchowski 630-264-7670 or www.kanehealth.com/coalition.htm