



Stall Street Journal

Too Busy for Breakfast?



Think Again!



Why Eat Breakfast?

1. Eating a nutritious breakfast raises your energy levels.
2. Eating breakfast improves your concentration.
3. Eating a healthy breakfast lowers hunger later in the day so you are less likely to overeat.
4. Starting your day with breakfast helps you make healthier food choices throughout the day.



Simple Breakfast Ideas

1. Smoothie made with low-fat yogurt and a variety of fruits.
2. Peanut butter and jelly on whole wheat bread.
3. Leftover veggie pizza.
4. Cereal with low-fat milk and a banana.
5. Oatmeal made with low-fat milk and topped with blueberries.



Created by Northern IL Univ students

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