

Nutrition Focus Newsletter

Why is Breakfast Important?

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Children who eat breakfast are more likely to meet their overall nutritional needs. When children skip breakfast, they generally don't make up for key nutrients missed in that first meal, like iron, calcium and protein, later in the day.

Kick-starting your child's day with a healthy meal may even help combat obesity. The theory is that breakfast plays an important role in regulating appetite, hormone levels and the number of calories we burn throughout the day.

Breakfast eaters have better test scores, improved memory and focus, and are less likely to be

absent or tardy. Schools with breakfast programs report fewer behavioral problems and visits to the school nurse.

Adults also benefit from eating breakfast in the morning. It can cause adults to eat less fat throughout the day, meet recommendations for fruit and vegetable consumption, have higher daily calcium intake, have higher daily fiber intake. Eating breakfast in the morning can also boost metabolism.

Sources: <https://www.rush.edu/news/why-you-should-eat-breakfast>

<https://www.chrichmond.org/services/gastroenterology-and-nutrition/feeding/the-importance-of-breakfast>



Photo by Rachele Lucas

PB&J Overnight Oats

1 cup rolled oats, 1 cup milk, 1 tbsp chia seeds, 1/2 tbsp maple syrup, 2 tbsp nut butter, 1 tbsp jelly or preserves

Put all ingredients (minus jelly) in glass Tupperware (or mason jar), cover, put in fridge, and let sit for 2 hrs or overnight.

Add jelly and enjoy cold!

Source: <https://fitfoodiefinds.com/pb-j-overnight-oats/>

