

# Benefits of Breakfast



Eating breakfast can help improve math, reading, and standardized test scores.<sup>i ii iii</sup>

Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.<sup>iv v</sup>

Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.<sup>vi vii</sup>

Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.<sup>viii</sup>

By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.<sup>ix x</sup>

Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.<sup>xi xii xiii</sup>

Eating breakfast as a child is important for establishing healthy habits for later in life.

Schools that provide breakfast in the classroom to all students have shown decreases in tardiness and suspensions as well as improved student behavior and attentiveness.<sup>xiv xv</sup>

What you eat for breakfast can have an impact on learning. One study showed that eating breakfast food high in fiber and low in sugar for breakfast helped students sustain the cognitive effects of breakfast.<sup>xvi</sup>

School Breakfast provides  $\frac{1}{4}$  the recommended amounts of protein, calcium, iron, vitamin A, and vitamin C for the day.<sup>xvii</sup>

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- <sup>ii</sup> Murphy JM, Pagano M, Nachmani J, Sperling P, Kane S, Kleinman R. "The Relationship of School Breakfast to Psychosocial and Academic Functioning: Cross-sectional and longitudinal observations in an inner-city sample." *Archives of Pediatric and Adolescent Medicine* 1998; 152:899-907.
- <sup>iii</sup> Alaimo K, Olson CM, Frongillo EA Jr. "Food Insufficiency and American School-Aged Children's Cognitive, Academic and Psychosocial Development." *Pediatrics* 2001; 108(1):44-53.
- <sup>iv</sup> Benton D, Maconie A, Williams C The influence of the glycaemic load of breakfast on the behaviour of children in school. *Physiol Behav.* 2007 Nov 23;92(4):717-24. Epub 2007 May 31
- <sup>v</sup> Alaimo K, Olson CM, Frongillo EA Jr. "Food Insufficiency and American School-Aged Children's Cognitive, Academic and Psychosocial Development." *Pediatrics* 2001; 108(1):44-53.
- <sup>vi</sup> Wesnes KA, Pincock C, Richardson D, Helm G, Hails S. "Breakfast reduces declines in attention and memory over the morning in schoolchildren." *Appetite* 2003;41(3):329-31.
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- <sup>viii</sup> Murphy JM. "Academics & Breakfast Connection Pilot: Final Report on New York's Classroom Breakfast Project." Nutrition Consortium of NY State. Albany, NY. July 2005
- <sup>ix</sup> Affenito SG, Thompson DR, Barton BA, Franko DL, Daniels SR, Obarzanek E, Schreiber GB, Striegel-Moore. "Breakfast Consumption by African-American and White Adolescent Girls Correlates Positively with Calcium and Fiber Intake and Negatively with Body Mass Index." *Journal of the American Dietetic Association* 2005; 105:938-945.
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- <sup>xi</sup> Breakfast Eating and Weight Change in a 5-Year Prospective Analysis of Adolescents: Project EAT (Eating Among Teens) Maureen T. Timlin, Mark A. Pereira, Mary Story, and Dianne Neumark-Sztainer *Pediatrics* 2008; 121: e638-e645
- <sup>xii</sup> American Dietetic Association. Childhood Overweight Evidence Analysis Project: updated 2006. Available at: [www.adaevidencelibrary.com/topic.cfm?cat=1046](http://www.adaevidencelibrary.com/topic.cfm?cat=1046).
- <sup>xiii</sup> Dubois L, Girard M, Potvin Kent M, Farmer A, Tatone-Tokuda F Breakfast skipping is associated with differences in meal patterns, macronutrient intakes and overweight among pre-school children *Public Health Nutr.* 2008 Mar 18:1-10
- <sup>xiv</sup> Murphy JM, Pagano ME, Patton K, Hall S, Marinaccio J, Kleinman R. "The Boston Public Schools Universal Breakfast Program; Final Evaluation Report." Massachusetts General Hospital, Boston, MA, 2000.
- <sup>xv</sup> Murphy JM et. al. "Maryland Meals for Achievement Year III Final Report." Massachusetts General Hospital, Boston, MA, 2001.
- <sup>xvi</sup> Caroline R. Mahoney, Holly A. Taylor, Robin B. Kanarek, Priscilla Samuel. Effect of breakfast composition on cognitive processes in elementary school children. *Physiology and Behavior* 85 (2005) 635-645
- <sup>xvii</sup> Section 9(f)(2)(B)(ii), Richard B Russell National School Lunch Act.