

# Breakfast is Best!



## Eat Breakfast Everyday

- Eat breakfast to maintain a healthy weight.
- Skipping breakfast can lead to overeating later in the day.
- Eat breakfast for a supply of mental and physical energy.



## Eat in the Morning

### GET PLENTY OF SLEEP...

- Have your last meal or snack a few hours before bed.
- Tired kids are often not hungry. Sleep boosts energy levels and helps us focus.
- Children 5-12 years need 10 to 11 hours of sleep.
- Teens need 8.5 to 9.5 hours of sleep.
- Eat before school and have a mid-morning snack.

Get More Information at [Hawaii5210.Org](http://Hawaii5210.Org)

## Energy & Brain Power!

**Builds Better Bodies!**

**Fuel for School!**

*Fuel Up!*  
*Eat Breakfast!*

**BRAIN POWER**



Better focus  
Better grades  
Better test scores



Improved school attendance  
Better memory  
Improved mood



Less distracted  
Boosted energy  
Healthy weight  
Daily nutrients



Increased alertness