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## NEWS RELEASE

**For Immediate Release**  
**February 7, 2007**

**For Further Information Call:**  
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### **Eat More in the Morning!**

We've all heard that breakfast is the most important meal of the day, but what is it about breakfast that makes it so important? Breakfast helps to manage weight, gets children ready to learn and has an advantageous effect on late-morning mood, satiety and cognitive performance. The term breakfast literally means to "break the fast," in other words, stop going without food. Research has shown that those who eat a healthy breakfast every day are more likely to maintain a healthy weight than those who repeatedly skip breakfast. According to the Breakfast Research Institute, when breakfast is skipped, a person's metabolic rate slows down and blood sugar drops. As a result, there is more hunger and less energy, making a person want to snack in the morning, usually on high-fat sweets, or eat extra servings or bigger portions later on in the day.

So eat more in the morning. Young children, and adults too, need to refuel each morning and their brain and muscles need a fresh supply of energy, in the form of glucose, to function properly. If breakfast is skipped, children may get morning tummy aches. Help your children feel good all day long by serving healthy breakfast foods from at least three food groups.

Start with a breakfast plan. It's easier to have breakfast when you have the right supplies and foods readily available.

- Set the table the night before.
- Stock healthy foods such as fruits, low-sugar cereals, whole-grain bagels, toaster waffles, tortillas, 100% juices, and low-fat cheeses, yogurts and milk in your kitchen.
- Cut fruit and store in resealable containers and bags so they're ready to grab the next day.
- Eat breakfast on-the-go: plan to eat with your children in the car on the way to school or day-care. Bring milk in kid-friendly cups and ready-to-eat cereals in plastic resealable bags.
- Fill up on whole grains: look for cereals that list whole grain or bran as their first ingredient and provide at least 3 grams of dietary fiber per serving.

Parents and child care providers can learn more about breakfast and eating healthy for young children through the Nutrition BEST program at the UCCE (530)889-7350 or visit us on the web at <http://ceplacer.ucdavis.edu>

Sharon K. Junge  
County Director

*University of California, United States Department of Agriculture, and Placer and Nevada Counties Cooperating*