

# Start Smart!

## Breakfast Benefits



- Starts Your Metabolism
- Promotes Weight Control
- Provides Energy
- Improves Mood
- Boosts Memory
- Increases Ability to Focus
- Reduces Risk of Heart Disease and Diabetes

## Beat the Breakfast Rush

Keep breakfast foods simple

Prepare for breakfast the night before

Purchase portable options to eat in the car or bus

Give yourself 10-15 minutes in the morning for breakfast

Use the "3 out of 5" model to eat a healthy balanced breakfast every day.

