



## Rise and shine...it's time to eat breakfast!

*Even though your stomach may not be growling first thing in the morning, it is wise to eat breakfast within two hours of waking up.*

*Begin your day with a piece of fruit, such as an apple or banana, and pair with whole wheat toast and low-fat peanut butter or a small bowl of high fiber cereal with fat-free milk.*

*Breakfast helps control binge-eating throughout the day.*

*Breakfast eaters have more strength and endurance, sharper concentration, and better problem-solving abilities.*

*People who eat a morning meal consume more vitamins, minerals, and other nutrients.*

*Breakfast can lower blood cholesterol, which can reduce the risk of heart disease.*