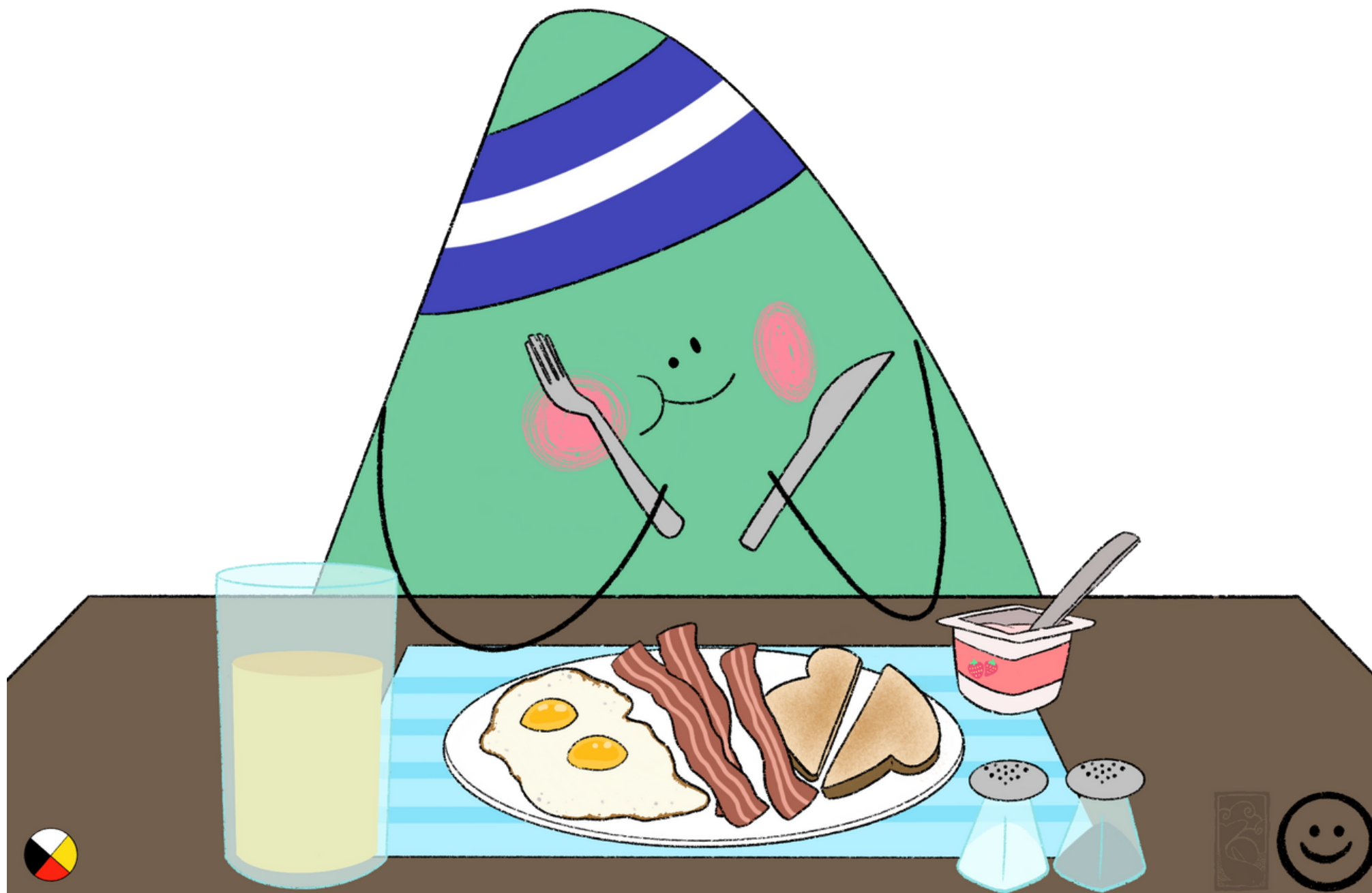




Wellness and Breakfast

Breakfast is Important!

Goal: Eating breakfast every morning can make a huge difference in your mood and overall energy.

Why is this important? Eating food restores your body with much needed nutrients, intensifies your get-up-and-go energy, and helps to stay focused.

References: Nicklas, T. A., O'Neil, C., & Myers, L. (2004). The importance of breakfast consumption to nutrition of children, adolescents, and young adults. *Nutrition Today*, 39(1), 30–39.