Breakfast Benefits for Kids



Overall

Children who regularly eat breakfast take in approximately

20 to 60%

more **iron**, **B vitamins**, **and vitamin D** than children who skip breakfast.¹



Breakfast eaters also tend to take in more daily fiber and lower total fat, and dietary cholesterol.¹





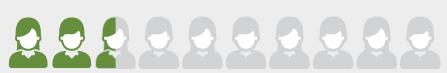
Consuming breakfast improves children's performance on **mathematical tasks**, **vocabulary tests**, **demanding mental tasks**, and **reaction to frustration**.²

Free Breakfast

Students that are offered free breakfast before class scored

25% higher

on math, reading, and science tests.3



Breakfast Before School

Mental Wellness Benefits



Students who eat breakfast show greater improvements in **math scores**, **attendance**, **punctuality**, **depression**, **anxiety**, **and hyperactivity**.²

Protein

Protein-rich breakfasts fuel kids for up to four hours

Children and adolescents who eat a protein-rich breakfast report lower hunger for up to 4 hours.⁴





SOURCES:

