

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:

¹<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3737458/>

²<https://frac.org/wp-content/uploads/breakfastforlearning-1.pdf>

³<https://pubmed.ncbi.nlm.nih.gov/25918449/>

⁴<https://www.fns.usda.gov/sbp/make-breakfast-first-class>



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www.sunnyfresh.com