Skipping Breakfast?

**Teens that skip breakfast**
are less fit, less active and more likely to be overweight or obese.

**Why Teens Say No to Breakfast**

- **20 - 30%**
- **Skip Breakfast Everyday**

- **No Time Not Hungry**
- **Loose Weight**
- **Sleep Is More Important**

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**Breaking the Fast Is Healthy**

- Better Test Scores
- Build Strong Bones
- Better Concentration And More Energy

Skipping breakfast is more likely to cause weight gain than it is to prevent it.
Eating breakfast jump starts your metabolism for the day.

**Teens who eat breakfast are generally in better health overall**