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## Reasons why eating a healthy breakfast is the best start to the day:

1. Helps us feel energised and alert
2. Increases our ability to concentrate
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4. Prevent fatigue
5. Weight control
6. Reduces hunger
7. Help us avoid foods high in saturated sat and refined sugars

Some Lasting Tips:

1. Having a nutritious breakfast will give you a lot more energy than an extra 10 minutes sleep
2. Prioritise waking up a few minutes earlier to prepare and eat breakfast
3. Eat breakfast within 10 minutes of waking up
4. Eat a nutritious breakfast with complex carbohydrates and some protein