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BY CATER CARE

for boarding school and residential students

nutrition fact sheet



Importance of Breakfast

Breakfast is often called the most important meal of the day, and for students, this especially true. Starting your day with a nutritious breakfast can significantly impact your energy levels, academic performance and overall well being. In this fact sheet, we discuss why breakfast matters and how you can make the most of this important meal.

KEY MESSAGES

- Breakfast is important to help boost energy and focus.
- Some studies have found that eating breakfast regularly can help to improve student motivation and academic achievement.
- A balanced breakfast should include a combination of whole grains, protein, fruit and vegetables.
- Setting a routine can make it easier to make breakfast a habit.

Why Breakfast Matters

Boosts Energy and Focus -

After a night of sleep, your body needs to refuel to give you energy for the day ahead. A balanced breakfast provides the glucose your brain needs to function efficiently. This means better concentration, improved memory and enhanced cognitive abilities. Without breakfast, you may experience fatigue, reduced alertness and difficulties in focusing during your classes.

Enhances Academic Performance -

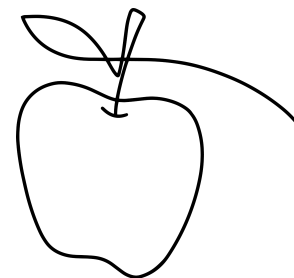
Several studies have shown that eating breakfast regularly can help to improve student motivation and academic achievement. A nutritious breakfast can improve attention span and ability to concentrate, which are crucial for learning.

Promotes Healthy Eating Habits -

Eating a healthy breakfast can set the tone for the rest of your day. It encourages balanced eating patterns and can help in managing weight. Skipping breakfast often leads to excessive hunger later in the day, which may result in overeating or making unhealthy food choices. A good breakfast can stabilise your blood sugar levels and reduce unhealthy snacking.

Supports Overall Health -

A well rounded breakfast contributes to your overall health by providing greater opportunity to meet essential nutrients.



What Makes A Nutritious Breakfast

A nutritious breakfast should include a combination of the following -

- **Whole grains** - opt for whole grain cereals, oats or whole grain bread. These provide long-lasting energy and are high in fibre, which aids digestion and keeps you feeling fuller for longer. Incorporating whole grains in your breakfast can also contribute to keeping your energy levels stable throughout the day.
- **Protein** - Incorporate sources of protein such as eggs, yoghurt, milk or nuts. Protein helps in muscle repair and growth and keeps to keep you feeling satisfied.
- **Fruit and Vegetables** - Fresh fruit and vegetables are rich in vitamins, minerals and antioxidants. Adding a piece of fruit to your breakfast, or if you have having a cooked breakfast including mushrooms, spinach or tomato can help to boost your nutrient intake.

Tips For Making Breakfast A Habit

1. **Set a Routine** - Aim to eat breakfast around the same time each day to build a consistent habit.
2. **Keep It Simple** - Breakfast doesn't need to be elaborate. Even a piece of fruit with yoghurt can be a nutritious choices, if you are short on time.
3. **Start Small** - If you are not used to eating breakfast, start with small portions, and gradually increase as you get more comfortable.

Conclusion

Incorporating a balanced breakfast into your daily routine can have significant benefits for your academic performance, energy levels and overall health. By understanding the importance of breakfast and making thoughtful food choices, you can enhance your daily life and set a positive tone for the rest of your day.

For more information, please scan the QR codes

University of NSW - Breakfast Impacts Student Success, But Not In The Way You Might Think.



Better Health Channel - Breakfast

