

## *Nutrition & Wellness*



### **Welcome Back to Breakfast – A little grumpy aren't we?**

Did you know that eating a nutritious breakfast helps prevent the many negative effects of fasting, such as irritability, fatigue, restlessness, aggression, and sleepiness?

Research shows that hungry school children are not only more likely to have more problems learning, but also have more behavior problems than other children who did eat breakfast.

Eating breakfast is also associated with better attitudes towards work and school.

So whether you want to stay ahead and be on top of your game, or just want to stamp out morning grumpiness, start the day with a nutritious breakfast. It is just the extra boost you need.

Kevin