

# 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.<sup>1</sup>



Breakfast eaters also tend to take in more **daily fiber and lower total fat, and dietary cholesterol**.<sup>1</sup>



Consuming breakfast improves children's performance on **mathematical tasks, vocabulary tests, demanding mental tasks, and reaction to frustration**.<sup>2</sup>

## Free Breakfast

Students that are offered free breakfast before class scored

# 25% higher

on **math, reading, and science tests**.<sup>3</sup>



## Breakfast Before School

### Mental Wellness Benefits



Students who eat breakfast show greater improvements in **math scores, attendance, punctuality, depression, anxiety, and hyperactivity**.<sup>2</sup>

## 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**.<sup>4</sup>



#### SOURCES:

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

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

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

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



Eggs portfolio:  
[www.sunnyfresh.com](http://www.sunnyfresh.com)