

# BREAKFAST KICK STARTS THE DAY

You may notice some interesting information in the media over the next while encouraging children to eat breakfast. Research shows that lots of NZ children do not have breakfast but the good news is that when children do eat breakfast there are lots of instant benefits! Here are some reasons that we should ensure our children have a healthy breakfast each day:

## **Breakfast gives kids the energy to learn better.**

- Breakfast-eaters are more alert and have better concentration and memory.
- Studies have shown eating breakfast can improve school performance.

## **Breakfast-eaters have more energy to play sport.**

- Eating a good breakfast boosts kids' energy stores and provides their bodies and brains with the fuel to keep going through the day.
- One study showed children ran better after eating a good breakfast compared with a light breakfast or snack.

## **Breakfast gives children a head-start.**

- A good breakfast helps children grow strong and healthy.
- Children who eat breakfast are more likely to eat fruit, vegetables and wholegrains, and drink milk.

## **Eating breakfast is a good way to maintain a healthy weight.**

- Breakfast-eaters are less likely to snack on less healthy foods later in the day.
- Studies have shown eating breakfast is related to lower waist measurement, lower body mass index (BMI), and less weight gain.
- Children who sometimes or never eat breakfast are much more likely to have sweets, pies and soft drinks than children who always eat breakfast.

For more information or free resources go to the website [www.breakfast-eaters.co.nz](http://www.breakfast-eaters.co.nz) or contact Rebecca Whiting on [rebecca@hsc.org.nz](mailto:rebecca@hsc.org.nz)

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## **Healthy Nibbles** Nutrition Updates for Primary Schools

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For more information visit: [www.cph.co.nz](http://www.cph.co.nz)

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha