

# Benefits of Breakfast



**BREAKFAST TIMES FOR  
Idalia School District RJ-3  
PK- 5<sup>TH</sup> 7:45 – 8:05 a.m.  
6<sup>th</sup>-12<sup>th</sup> 8:51 – 9:03 a.m.**

**Eating breakfast can help  
improve math, reading, and  
standardized test scores. i ii iii**

**Children who eat breakfast  
are more likely to behave better in school and get along with  
their peers than those who do not. iv v**

**Breakfast helps children pay attention, perform problem-  
solving tasks, and improves memory. vi vii**

**Children who eat school breakfast are likely to have fewer  
absences and incidents of tardiness than those who do not. viii**

**By eating breakfast, students get more of important nutrients,  
vitamins and minerals such as calcium, dietary fiber, folate and  
protein. ix x**

**Studies have shown that children who eat breakfast on a  
regular basis are less likely to be overweight. xi xii xiii**

**Eating breakfast as a child is important for establishing healthy  
habits for later in life.**

**Schools that provide breakfast to all students have shown  
decreases in tardiness and suspensions as well as improved  
student behavior and attentiveness. xiv xv**

**What you eat for breakfast can have an impact on learning. One  
study showed that eating breakfast food high in fiber and low  
in sugar for breakfast helped students sustain the cognitive  
effects of breakfast. xvi**

**School Breakfast provides  $\frac{1}{4}$  the recommended amounts of  
protein, calcium, iron, vitamin A, and vitamin C for the day. xvii**

- i Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J, Metz J, Metz J Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents *J Am Diet Assoc.* 2005 May;105(5):743-60
- ii Murphy JM, Pagano M, Nachmani J, Sperling P, Kane S, Kleinman R. "The Relationship of School Breakfast to Psychosocial and Academic Functioning: Cross-sectional and longitudinal observations in an inner-city sample." *Archives of Pediatric and Adolescent Medicine* 1998; 152:899-907.
- iii Alaimo K, Olson CM, Frongillo EA Jr. "Food Insecurity and American School-Aged Children's Cognitive, Academic and Psychosocial Development." *Pediatrics* 2001; 108(1):44-53.
- iv Benton D, Maconie A, Williams C The influence of the glycaemic load of breakfast on the behaviour of children in school. *Physiol Behav.* 2007 Nov 23;92(4):717-24. Epub 2007 May 31
- v Alaimo K, Olson CM, Frongillo EA Jr. "Food Insecurity and American School-Aged Children's Cognitive, Academic and Psychosocial Development." *Pediatrics* 2001; 108(1):44-53.
- vi Wesnes KA, Pincok C, Richardson D, Helm G, Hails S. "Breakfast reduces declines in attention and memory over the morning in schoolchildren." *Appetite* 2003;41(3):329-31.
- vii Dye L, Blundell JE. Functional foods: psychological and behavioral functions. *Br J Nutr* 2002;88 (Suppl 2):S187- 211.
- viii Murphy JM. "Academics & Breakfast Connection Pilot: Final Report on New York's Classroom Breakfast Project." Nutrition Consortium of NY State. Albany, NY. July 2005
- ix Affenito SG, Thompson DR, Barton BA, Franko DL, Daniels SR, Obarzanek E, Schreiber GB, Striegel-Moore. "Breakfast Consumption by African-American and White Adolescent Girls Correlates Positively with Calcium and Fiber Intake and Negatively with Body Mass Index." *Journal of the American Dietetic Association* 2005; 105:938-945.
- x Wilson NC, Parnell WR, Wohlers M, Shirley P. "Eating breakfast and its impact on children's daily diet." *Nutrition & Dietetics* 2006; 63:15-20.
- xi Breakfast Eating and Weight Change in a 5-Year Prospective Analysis of Adolescents: Project EAT (Eating Among Teens) Maureen T. Timlin, Mark A. Pereira, Mary Story, and Dianne Neumark-Sztainer *Pediatrics* 2008; 121: e638-e645
- xii American Dietetic Association. Childhood Overweight Evidence Analysis Project: updated 2006. Available at: [www.adaevidencelibrary.com/topic.cfm?cat=1046](http://www.adaevidencelibrary.com/topic.cfm?cat=1046).
- xiii Dubois L, Girard M, Potvin Kent M, Farmer A, Tatone-Tokuda F Breakfast skipping is associated with differences in meal patterns, macronutrient intakes and overweight among pre-school children *Public Health Nutr.* 2008 Mar 18:1-10
- xiv Murphy JM, Pagano ME, Patton K, Hall S, Marinaccio J, Kleinman R. "The Boston Public Schools Universal Breakfast Program; Final Evaluation Report." Massachusetts General Hospital, Boston, MA, 2000.
- xv Murphy JM et al. "Maryland Meals for Achievement Year III Final Report." Massachusetts General Hospital, Boston, MA, 2001.
- xvi Caroline R. Mahoney, Holly A. Taylor, Robin B. Kanarek, Priscilla Samuel. Effect of breakfast composition on cognitive processes in elementary school children. *Physiology and Behavior* 85 (2005) 635-645
- xvii Section 9(f)(2)(B)(ii), Richard B Russell National School Lunch Act.