THE NUTRITIONAL POWER OF BREAKFAST

WHOLE GRAINS

Whole grains provide fiber and essential nutrients. Higher whole grain intakes have been linked to healthier body weights and reduced risk of certain diseases such heart disease. Starting the whole grain habit early can help set kids up for a healthier future.[1]

DAIRY

Milk and dairy products are a top source of vitamin D and calcium in the diet.[2] These nutrients are essential for developing strong bones and maintaining overall bone health.

FRUITS

Foods rich in fiber, such as fruits, can help manage cholesterol levels and support a healthy heart.[1]

[1] U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov.
[2] NHANES 2017-2018