



BREAKFAST CAN MAKE OR BREAK A YOUNG ATHLETE'S DAY

Young athletes often have excuses for skipping breakfast in the morning, but missing this important meal makes it difficult for them to have enough energy to stay active and alert through lunch. Eating a well-balanced breakfast helps young athletes stay healthy, focus better in school and fuel their active bodies.

- According to research, adolescents who eat breakfast have a lower body mass index (BMI) than teens that rarely eat breakfast or skip it altogether.
- Sufficient calories and nutrition are essential for proper growth and development of growing kids and young athletes need additional calories and nutrients to support their training.
- A well-balanced breakfast that contains carbohydrates, protein, and healthy fats helps young athletes focus better during the school day which can help them achieve more at school.
- There are many quick nutritious breakfast options for young athletes. One idea is peanut butter toast with a glass of milk and a piece of fruit.

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