

≡ 4 REASONS WHY ≡

# BREAKFAST MATTERS

THERE'S **NO REASON** TO SKIP BREAKFAST!  
EAT IT AT HOME, ON THE GO OR AT SCHOOL!

- 1 YOU FOCUS BETTER
- 2 YOU DO BETTER
- 3 YOU FEEL BETTER
- 4 YOU PLAY BETTER

A HEALTHY BREAKFAST INCLUDES AT LEAST 3 FOOD GROUPS  
HOW MANY COMBINATIONS CAN YOU MAKE?

