



# South Central's Health on Blast

## The Most Important Meal of the Day

Breakfast is the most important meal of the day.

Breakfast provides the body and brain with fuel after an overnight fast  
- that's where its name originates, breaking the fast!

Breakfast should be eaten within two hours of waking.

Breakfast provides you with the energy and nutrients that lead to  
increased concentration in the classroom.

Studies show that breakfast can be important in maintaining a healthy  
body weight.

A healthy breakfast should provide calories in the range of 20-35% of  
your guideline daily allowance (GDA).



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Breakfast restores glucose levels, an essential carbohydrate that is needed for the brain to function.

Eating breakfast can improve memory and concentration levels and it can also make us happier as it can improve mood and lower stress levels.

Maintaining good breakfast habits in childhood and adolescence may help in reducing the prevalence of breakfast skipping and developing good eating habits that last a lifetime.

The following chart details your Nutritional Guideline Daily Amount by gender and age.

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## NUTRITION GUIDELINE DAILY AMOUNT (GDA)

	MEN	WOMEN	CHILDREN		
			CHILD aged 5-10	GIRL 11-14	BOY 11-14
CALORIES	2,500	2,000	1,800	1,850	2,200
SUGAR (g)	120	90	85	90	110
FAT (g)	95	70	70	70	85
SATURATED FAT (g)	30	20	20	25	25
SALT (g)	6	5	4	6	6



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