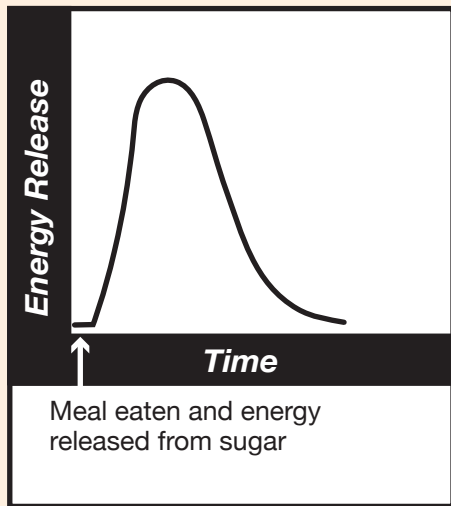




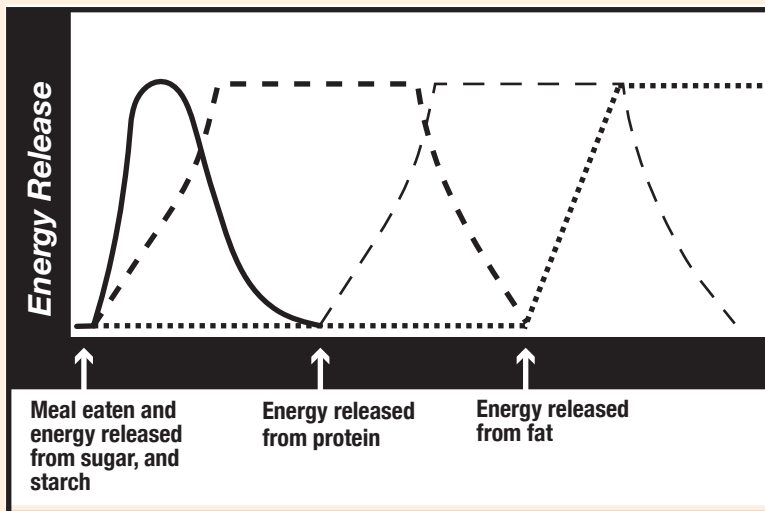
PROFILE OF A BALANCED BREAKFAST

Comparison of Energy Available for Learning from Two Different Breakfasts



Sugary foods eaten in place of a meal cause a quick rise in blood sugar and energy.

About an hour later blood sugar and energy decline rapidly, bringing on symptoms of hunger.



A balance breakfast containing sugar, starch, protein and fat gives a sustained release of energy and prevents a drop in blood sugar for several hours.

Origin: National Dairy Council

