August 2022

Eufaula City Schools Benefits of Breakfast

**Breakfast is offered each school day at all schools!**

Eating breakfast can help improve math, reading, and standardized test scores.i ii iii

Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.iv v

Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.vi vii

Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.viii

By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.ix x

Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.xi xii xiii

Eating breakfast as a child is important for establishing healthy habits for later in life.

Schools that provide breakfast in the classroom to all students have shown decreases in tardiness and suspensions as well as improved student behavior and attentiveness.xiv xv

What you eat for breakfast can have an impact on learning. One study showed that eating breakfast food high in fiber and low in sugar for breakfast helped students sustain the cognitive effects of breakfast.xvi

School Breakfast provides ¼ the recommended amounts of protein, calcium, iron, vitamin A, and vitamin C for the day.xvii

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iii Alaimo K, Olson CM, Frongillo EA Jr. “Food Insufficiency and American School-Aged Children’s

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v Alaimo K, Olson CM, Frongillo EA Jr. “Food Insufficiency and American School-Aged Children’s Cognitive, Academic

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vii Dye L, Blundell JE. Functional foods: psychological and behavioral functions. Br J Nutr 2002;88 (Suppl 2):S187– 211.

viii Murphy JM. "Academics & Breakfast Connection Pilot: Final Report on New York's Classroom

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x Wilson NC, Parnell WR, Wohlers M, Shirley P. “Eating breakfast and its impact on children’s daily diet.”

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xi Breakfast Eating and Weight Change in a 5-Year Prospective Analysis of Adolescents: Project EAT (Eating Among Teens) Maureen T. Timlin, Mark A. Pereira, Mary Story, and Dianne Neumark-Sztainer Pediatrics 2008; 121: e638-e645

xii American Dietetic Association.Childhood Overweight Evidence Analysis Project: updated 2006.

Available at: [www.adaevidencelibrary.com/topic.cfm?cat=1046.](http://www.adaevidencelibrary.com/topic.cfm?cat=1046)

xiii Dubois L, Girard M, Potvin Kent M, Farmer A, Tatone-Tokuda F Breakfast skipping is associated with differences in meal patterns, macronutrient intakes and overweight among pre-school childrenPublic Health Nutr. 2008 Mar 18:1-10

xiv Murphy JM, Pagano ME, Patton K, Hall S, Marinaccio J, Kleinman R. “The Boston Public Schools

Universal Breakfast Program; Final Evaluation Report.” Massachusetts General Hospital, Boston, MA, 2000.

xv Murphy JM et. al. “Maryland Meals for Achievement Year III Final Report.” Massachusetts General

Hospital, Boston, MA, 2001.

xvi Caroline R. Mahoney, Holly A. Taylor, Robin B. Kanarek, Priscilla Samuel. Effect of breakfast composition on cognitive processes in elementary school children. Physiology and Behavior 85 (2005) 635-645

xvii Section 9(f)(2)(B)(ii), Richard B Russell National School Lunch Act.

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1. **Mail**: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
[1400 Independence Avenue,](https://www.google.com/maps/search/1400%2BIndependence%2BAvenue%2C%2BSW%2BWashington%2C%2BD.C.%2B20250-9410?entry=gmail&source=g)
[SW Washington, D.C. 20250-9410](https://www.google.com/maps/search/1400%2BIndependence%2BAvenue%2C%2BSW%2BWashington%2C%2BD.C.%2B20250-9410?entry=gmail&source=g); or

2. F**ax**: (202) 690-7442; or

3. E**mail**: program.intake@usda.gov.

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Office of the Assistant Secretary for Civil Rights

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