

Breakfast: The most important meal of the day!

Name: _____ Date: _____ Pd. _____

Breakfast should provide _____ of _____, _____, _____, Vitamin __, and _____.

It should also provide _____ for energy, _____ and _____ to help you feel full, _____ grains for _____.

Breakfast should be _____ in fats, _____ in fiber to _____ the mid-morning _____. This slump is characterized by:

- 1.
- 2.
- 3.
- 4.

Skipping breakfast can make you feel _____, _____ or _____.

Grabbing _____ or a _____ of _____ can help boost your _____.

Eating breakfast can _____ the likelihood of getting _____ and helps maintain _____.

Good choices for breakfast:

- 1.
- 2.
- 3.
- 4.

IRON:

- 1.
- 2.

SOURCES:

PROTEIN:

- 1.
- 2.
- 3.

SOURCES:

- _____
- _____
- _____
- _____ and _____

FIBER:

A term for _____ of _____ foods the body _____.

SOURCES:

- _____ and _____.
- _____ and _____.
- _____.

Fiber is _____ absorbed by _____, it has a wide variety of health benefits, which include:

- 1.
- 2.
- 3.

CALCIUM:

Is well known for its _____ in _____ health. It also helps with the _____ of the _____ and _____ function. Because of its health benefits, _____ is one of the best _____.

SOURCES:

- _____
- _____
- _____ like _____ and _____.

VITAMIN A:

A _____ - _____ vitamin that is _____ present in many foods. It is important for _____, the _____ system, and _____.

This vitamin also helps the _____, _____, _____ and other _____ work properly.

SOURCES:

1. _____ and _____ vegetables
2. _____
3. _____.

VITAMIN C:

This vitamin is a _____ - _____ vitamin that is _____ present in some foods, _____ to others and available as a _____. _____ acid is another name for this vitamin. It is needed to _____ in bones, _____, muscle, and _____.

SOURCES:

1. _____
2. _____ and _____ foods.

Explain the connection between METABOLISM and DIABETES:

Metabolism:

Diabetes: