

True health
begins on the
inside



Breakfast to Improve Performance at School and at Work

Here are some facts and information about breakfasts to improve performance and how to choose the right foods to eat in the morning to make the most of the work or school day.

Breakfast science “Breakfast” means just that: break the overnight fast. Eating breakfast allows you to restock the energy that has been depleted overnight and begin the day with a tank full of the right fuel. Sending yourself to work or your child to school without breakfast is like trying to use a cordless power tool without ever recharging the battery. If you don’t refuel your child’s body in the morning after an overnight fast, the child has to draw fuel from its own energy stores until lunchtime. The stress hormones necessary to mobilize these energy reserves may leave the child feeling irritable, tired, and unable to learn or behave well.

Throughout the brain, biochemical messengers called neurotransmitters help the brain make the right connections. Food influences how these neurotransmitters operate. The more balanced the breakfast, the more balanced the brain function.

Need some brainy breakfast ideas?

- Apple slices w/nut butter & yogurt
- Oatmeal, plain greek yogurt, blueberries
- Nut butter on whole wheat toast with bananas/berries
- Veggie omelet + homemade bran muffin and fruit
- Smoothies (see my how-to on YouTube)
- Whole-grain granola cereal, yogurt, berries
- Whole-grain waffles with berries
- Oatmeal pancakes topped with berries
- Greek yogurt, sliced almonds, drizzle of honey



Need Recipe

IDEAS?

Check out
The H2Life NB
on social media

https://www.youtube.com/channel/UCmwu_drhFmcrDOpoMoCrfLwg/

<https://www.facebook.com/h2lifemb>

<https://www.instagram.com/h2lifemb/>

www.theh2lifemb.com



Have a question, feel free to email
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