

Are you losing  
steam mid-  
morning?

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If you skip  
breakfast, your  
brain is like a  
computer with  
the POWER  
SWITCH TURNED  
OFF!

Eating Healthy helps you  
feel good, feel great and  
look better too!

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Healthy eating with lots  
of variety will:

- Give you energy
- Keep your hair strong  
and shinny
- Help skin stay clearer
  - Make your eyes  
brighter
- And make your nails  
grow strong!

The Chicago Partnership for Health  
Promotion is funded by the USDA Food  
Stamp Program to encourage Chicago  
families to make healthier food choices,  
learn to prepare and consume healthier  
foods every day and be more physically  
active. The University of Illinois at  
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The USDA, UIC and CPHP are equal  
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more information about partnership or  
CPHP programs in your community,  
contact CPHP at 312-355-3659.

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# Breakfast is Cool!



Breakfast  
Jumpstarts  
Your Brain!

Excuse #1  
"I'd eat breakfast if  
I had the time..."

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Think!

Chances are those extra  
few minutes of sleep  
won't make you feel as  
good as eating a good  
breakfast would.

Excuse #2  
"Skipping breakfast  
helps me lose  
weight..."

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Fact:

Skipping breakfast can  
make weight control  
MORE difficult!

- Your body will slow  
down your engines and  
you will gain more  
weight when you do  
eat
- You might even eat  
more food at the next  
meal or nibble high-  
calorie snacks to curb  
hunger.

Excuse #3  
"I can't face food  
first thing in the  
morning..."

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Fact:

if you're not used to  
eating early in the  
morning, pack:

- A favorite muffin,  
biscuit or breakfast bar
- A piece of fruit
- A hard boiled egg
- A cup of yogurt
- Low-fat string cheese
- Calcium fortified juice  
of low-fat milk
- Eat these at the bus  
stop or in the car!

# Eat Breakfast Every Day!