

Breakfast for Athletes



Skipping breakfast leads to needless fatigue, trouble concentrating at school and less energy for afternoon sports.

- It's important to make time for breakfast.
- Trying to lose weight? You should eat a hearty breakfast!
- Any breakfast is better than no breakfast, and some choices are better than others!

WHAT'S BEST TO EAT?

Try these hearty breakfasts for a high energy day.

- Oatmeal cooked in milk with banana and peanut butter.
- Whole wheat bagel with eggs, cheese & orange juice.
- French toast with vanilla yogurt and applesauce.
- Yogurt, granola, berries and almonds.

Tip! A quick and easy breakfast is cereal + milk + banana for important nutrients needed for athletic success!

Cereal

Offers carbohydrates to fuel the muscles. Enriched and fortified cereals provide iron, which is a mineral important for carrying oxygen from the lungs to your muscles.

Milk

Provides protein to build and repair muscles, as well as for calcium for strong bones.

Fruit

Provides vitamin C for healing bumps and bruises, along with potassium from sweat loss.

