

DID YOU EAT BREAKFAST TODAY?

Did you know?

 Only 56% BHS students ate breakfast every day for the past week.

Common symptoms of low blood sugar



- Fast heartbeat
- Dizzy
- Anxious
- Shaky
- Sweating
- Blurry vision
- Weakness
- Headache
- Irritable
- Hungry

Breakfast Benefits



- It gives your body and brain the energy they need to function
- It helps you maintain a healthy weight
- It improves strength and endurance
- It helps you get sick less often
- It improves memory, problem-solving skills, verbal fluency and creative abilities

TAKE ACTION



Go to bed a little earlier and get up 15 minutes earlier to have breakfast before school.

If mornings are too difficult, try some healthy to-go options like: yogurt, toast, granola bars, dried cereal, breakfast bars, fresh or dried fruit.

Contact Bedford Youth & Family Services:
781-275-7727
www.bedfordma.gov/youth