

DID YOU EAT BREAKFAST TODAY?

Did you know?

 Only 65% JGMS 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