



STRONGER WITH SCHOOL BREAKFAST

School breakfast plays a big role in helping kids get the nutrition they need to learn, grow, and be healthy. The School Nutrition and Health Cost Study¹ showed that school breakfast is a big supplier of foods most kids don't eat enough of—whole grains, fruits, and dairy. The study also found that kids who eat school breakfast eat more of these foods than kids who eat breakfast elsewhere.



FRUITS

Fruit or school breakfast provides kids with $\geq 40\%$ of the fruits they need for the entire day.

63%

48%

51%

of recommended daily amount for elementary school kids

of recommended daily amount for middle school kids

of recommended daily amount for high school kids

Eating lots of whole fruits at breakfast gives kids' bodies of potassium, fiber, vitamins C, folate, and dietary fiber. These important nutrients help the body absorb a healthy blood pressure, heal wounds, and more.



DAIRY

Dairy foods or school breakfast provide kids with about 40% of the dairy foods they need for the entire day.

39%

40%

40%

of recommended daily amount for elementary school kids

of recommended daily amount for middle school kids

of recommended daily amount for high school kids

Drinking low-fat or fat-free milk at breakfast helps kids build strong bones and teeth. Kids are growing quickly. Calcium and vitamin D are two of the most important nutrients in milk and other dairy foods. Lactose-free and reduced-lactose milks also provide these nutrients for kids.



WHOLE GRAINS

School breakfast provides kids with $\geq 30\%$ of the whole grains they need for the entire day.

35%

38%

30%

of recommended daily amount for elementary school kids

of recommended daily amount for middle school kids

of recommended daily amount for high school kids

Starting the day with whole grains gives kids dietary fiber, which helps kids feel full longer. Fiber also helps keep the digestive tract working properly. Whole grains also provide B vitamins and niacin, the vitamins and magnesium, for a healthy body.

Kids are learning how to have a healthy eating pattern at school breakfast. These healthy habits can help kids grow into healthy adults that have lower risks of chronic diseases, such as diabetes and heart disease.

Learn more about school breakfast on TeamNutrition.USDA.gov.



1 U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support, School Breakfast and Meal Cost Study, Final Report Volume 2: Nutritional Characteristics of School Meals by Elizabeth Gammie, Shirley Raynor, Katherine Milledge, Diane Liane McWhorter, Pamela Connor, Leanne Eshleman, and Lisa Wiersma, Project Officer, June Eshleman, Washington, DC, April 2011.

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