

Why Do Kids Need Breakfast?

There is a lot of evidence that breakfast is an important way to start the day. Breakfast eaters are more likely to be calmer, less anxious, more focused and learn better. Breakfast also tends to organize children's day, particularly if they eat breakfast at school.



Many studies suggest that regular breakfast skippers don't optimize their nutrition during the day. And, going without breakfast can lead to poor behavior.

If you compare children who eat breakfast in school to those who don't, they are better behaved, do better in some subjects like math, and are absent and tardy less. The teachers, parents, and children themselves feel better about the way they interact.



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