

8 HEALTHY HABITS HABIT 3



REASONS TO START EACH DAY WITH A HEALTHY BREAKFAST



DEPRESSION

People who eat breakfast have lower levels of depression.



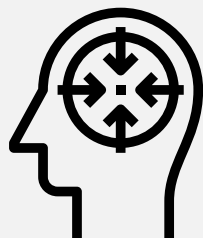
STRESS

People who eat breakfast have lower levels of perceived stress which helps them deal with day-to-day challenges.



LIFESTYLE

People who eat breakfast are less likely to be smokers, drink less alcohol and have a healthier diet.



CONCENTRATION AND PERFORMANCE

Eating breakfast can improve cognitive performance and tests scores in students.



NUTRITIONAL INTAKE

People who eat breakfast have a better overall diet quality. People who skip breakfast are more likely to overeat and have issues maintaining their weight.

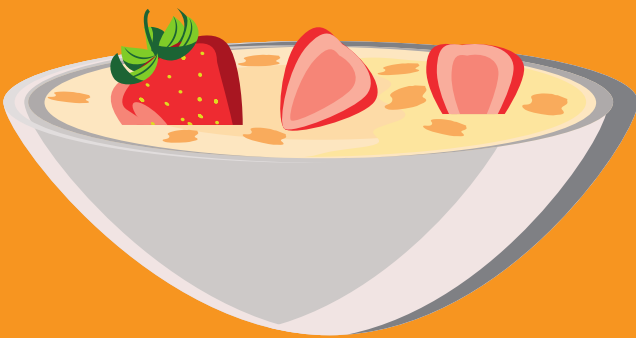


8 HEALTHY HABITS

HABIT 8



HEALTHY BREAKFAST IDEAS



Cereal



Fruit and yoghurt



Toast



Boiled eggs