

# Breakfast Club

## Jeremy's Breakfast

Jeremy was late for school, so he left without eating breakfast. By midmorning (around 10 a.m.) he was fidgety and had trouble concentrating. His stomach was grumbling before lunchtime, and he had trouble completing his morning math quiz.

## Tisha's Breakfast

Tisha was also running late for school; but when she got there, she went to the cafeteria and ate the school breakfast of a small apple, plain oatmeal, and a carton of unflavored milk. She felt great all morning and did very well on her math quiz.

## Omar's Breakfast

Omar grabbed two doughnuts and a box of fruit punch as he ran out the door for school. He was full of energy and enthusiasm for a while, but then his mind started to wander, and like Jeremy, he had trouble finishing the math quiz.

Why did Jeremy, Tisha, and Omar feel the way they did by lunchtime?

1. Jeremy did not eat anything in the morning. He did not break his overnight fast, so his energy needed to come from body storage. This kept his blood sugar levels low, making him hungry, lethargic, and distracted.
2. Tisha ate an excellent breakfast with whole grains (oatmeal), a small apple, and some protein (primarily from the unflavored milk). This breakfast held her blood sugar at normal levels throughout the morning, keeping her alert and energized until lunchtime.
3. It was good that Omar remembered to eat breakfast. However, his breakfast was not ideal. He ate foods with refined grains and added sugar. With so much sugar (and no protein), Omar felt tired and restless around midmorning because his blood sugar had dropped.