

Avoiding the Midmorning Slump

A good breakfast has healthy carbohydrate (approximately 40 g) and some protein (12-18 g). This combination helps the body avoid a midmorning slump in energy.

You can see how many grams of protein or carbohydrate there are in a food by looking at its food label.

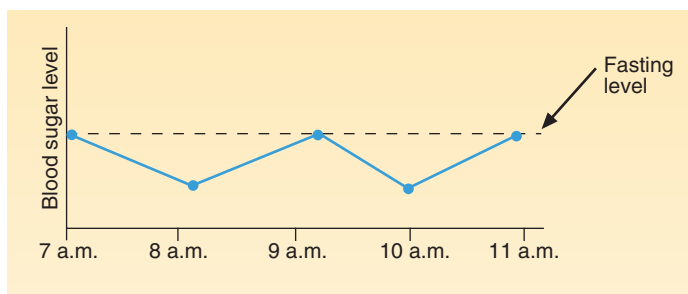
When blood sugar drops below the fasting level, a person may have a harder time concentrating on schoolwork, may feel light-headed, and may be less alert.

Jeremy's breakfast:

Breakfast #1

Skips morning meal
Energy must come from
body storage

Carbohydrate: 0 grams
Protein: 0 grams



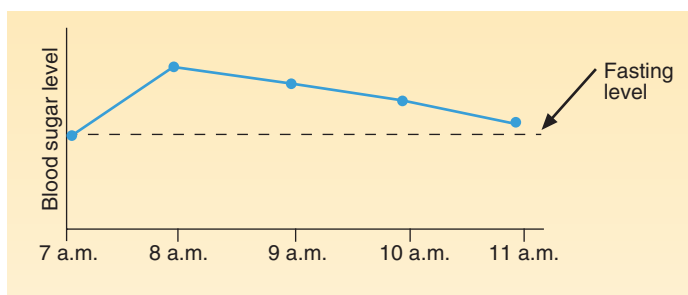
Tisha's breakfast:

Breakfast #2

Optimal morning meal example

1/2 cup plain oatmeal
8 oz. (250ml) 1% milk
1 small apple

Carbohydrate: 44 grams
Protein: 12 grams



Omar's breakfast:

Breakfast #3

High-carbohydrate morning meal example

2 doughnuts
1/2 cup fruit punch

Carbohydrate: 37 grams
Protein: 2 grams

