



5, 4, 3, 2, 1, 0...Brenner *FIT* – Families In Training



BREAKFAST is important to start our day off right, gives us energy and improves our grades. Does not have to be breakfast foods- and neither does lunch or dinner- as long as you eat regularly.

- Great to keep your hunger in check if you haven't eaten in 3 hours and your next meal isn't for 3 hours.
- Not sure if you are truly hungry? Try water or a sugar-free drink first!
- Fruit, light yogurt, string cheese or veggies and dip make a perfect snack.