It’s good for your mind and your body! Studies show that eating breakfast can help improve your concentration, give you strength and help you maintain a healthy weight!

It turns out you really are smart to eat breakfast! A review of 47 studies examining academic performance and breakfast consumption suggests that breakfast eaters have improved memory and higher test grades! Win!

It’s as easy as 2 + 2! It’s been shown that greater mental effort is required for mathematical thinking in children who skip breakfast. Eat your breakfast…problem solved!

Too Many Health Benefits to Count (but we’ll try)! Breakfast eaters have more nutritionally complete diets, better weight management and cholesterol levels as well as better blood sugar control compared to non-breakfast eaters!

Need more convincing? Eat breakfast and you will have more strength and endurance to engage in physical activity!

Break the Fast
Eat something within an hour of waking up. Try to include a food higher in protein such as eggs, yogurt, nuts/seeds or nut butters and a whole grain like oatmeal or whole grain bread, add some fruit or veggies.

Examples
- Veggie omelet, whole grain toast (add a little of your favorite spread)
- Yogurt, fruit and cereal (Parfait!)
- Oatmeal, with nuts or seeds and fruit

Even a peanut butter sandwich on whole grain bread and fruit works. Think outside the box — got leftovers from yesterday’s lunch or dinner saved? That works too!

First-year students did you miss a breakfast swipe at Marketplace? No problem… Use an equivalency amount of $4.55 at The Skillet located in the Brodhead Center!

You can find a hot breakfast as well as grab and go options at the following Duke Dining locations:

- Au Bon Pain
- Bella Union Cafe
- Cafe De Novo
- Cafe Edens
- Cafe at Smith Warehouse
- Dames Express
- Divinity Cafe
- Dolce Vita
- Marketplace
- McDonald’s
- Saladelia at Perkins
- Saladelia at Sanford
- The Skillet
- Twinnie’s