

wellness

# Myths & Facts

Breakfast is the most misunderstood meal. All kinds of negative rumors about it may prompt you to skip what's actually the most important meal of the day. You've probably heard the myths, but do you really know the true facts!

**REVIEW ONLY**

**MYTH:** *I'll lose weight if I don't eat breakfast.*

**FACT:** *An empty stomach soon grows to be filled. Those who have skipped breakfast often consume extra calories later in the day to make up for an empty feeling that would have been curbed by a few bites.*

**MYTH:** *My stomach can't handle food in the morning.*

**FACT:** *Your body may not be interested in spicy, heavy foods, but it can handle what you really wants—cereals, toast, an egg and/or some fruit.*

**MYTH:** *Breakfast will make me gain weight.*

**FACT:** *You'll get hungry later in the day with or without breakfast. Eating doesn't make you hungry. An empty stomach does!*

**MYTH:** *Breakfast will put me to sleep in class.*

**FACT:** *Eating too much, especially at lunchtime, can make you sleepy. But energizing breakfast foods perk you up and fuel your body for the morning's activities.*

**MYTH:** *Breakfast can't be that important.*

**FACT:** *Skipping morning nutrition can affect your ability to focus and learn and leave you listless.*

# BREAKFAST

## What's on the World's Menu?

From light fare to full hot meals, here's a sampling of what's often served for breakfast around the globe:

- ALGERIA: Bread and head cheese
- ARGENTINA: Ham and cheese tostados
- AUSTRALIA: Eggs, sausage and tomatoes
- BULGARIA: Yogurt
- CHINA: Rice dumplings
- ITALY: Bread and jam
- JAPAN: Rice and seafood
- NETHERLANDS: Poached eggs, green herring
- PHILIPPINES: Garlic fried rice, eggs
- RUSSIA: Ham, cheese, sausage
- SCOTLAND: Oatcakes, scones
- UNITED STATES: Pancakes, butter and jam
- TURKEY: White cheese, tomatoes, black olives, bread
- WALES: Laverbread seaweed and cockles

## What's on Your Menu?

This morning I ate \_\_\_\_\_.

Tomorrow, I'm going to eat \_\_\_\_\_.

My favorite weekday breakfast is \_\_\_\_\_.

My favorite weekend breakfast is \_\_\_\_\_.



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