

# Get up and eat up...



## Know the benefits of starting the day with breakfast

You can't start a car on an empty tank, and the same holds true for your body. Eating a healthy breakfast refuels your body and jump-starts your day. Strive to eat a healthy breakfast that consists of a variety of foods, such as whole grains, low-fat protein or dairy sources and fruit. People who eat a healthy breakfast are more likely to:

- Consume more vitamins and minerals and less fat and cholesterol
- Have more strength and endurance
- Improve concentration and productivity throughout the morning
- Control their weight and hunger

When you tank up on a healthy breakfast, you'll rev up your energy and set yourself up for healthier eating all day long.



**BlueCross BlueShield  
of Texas**



**TRS-ActiveCare**  
TEACHER RETIREMENT SYSTEM OF TEXAS

Source: Mayo Foundation for  
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