

Breakfast Provides Brain Power!

Is Breakfast Really the Most Important Meal of the Day?

A whole grain muffin and smoothie is a healthy nutritional start to the day! Many college students elect to get those extra few minutes of sleep rather than eat breakfast. Others skip breakfast as a form of weight control. Both approaches are not optimal for learning in the classroom and may set one up for patterns of excess caloric intake later in the day.

The healthier approach is to grab a quick breakfast to fuel the brain and ward off the hunger pains. Dining service has transformed breakfast choices away from the traditional eggs and pancakes to something quick and easy.

IN A HURRY? Remember to ask the Marketplace staff for a Grab and Go Box!

Benefits of Breakfast

- Eating breakfast increases your academic performance by as much as a letter grade (of course you must also attend class and study...)
- Improves ability to concentrate in class.
- Provides you with AM energy enhancing creativity, alertness, and short-term memory
- Improves total daily nutrient intake
- Higher intake of fiber, vitamins, and minerals
- Increases productivity
- Lower % of calories coming from fat laden food throughout the day
- Reduces impulsive snacking
- You will feel less tired throughout the day
- Carbs will get you as alert as possible; proteins and fats will get you through that midmorning slump and carry you to lunch

New and Improved Wireless at W&L

Information Technology Services has introduced a new wireless service on campus, offering increased security and convenience. Go to wireless.wlu.edu to configure your computer, follow the prompts, and after completing this one-time procedure, you won't have to log in to the wireless network again.

Easy Grab & Go Breakfasts:

Eat on the way to class or between classes!

- Smoothies
- Marketplace Muffin
- Hard boiled egg
- Granola Bar
- Peanut Butter Crackers
- Yogurt
- Cereal
- Fruit/fruit cup
- Cheese & Crackers
- Leftover Pizza
- Bagel, Toast, English Muffin
- Breakfast Sandwich
- Fruit vegetable juice
- Last night's leftovers

Skipping breakfast makes us:

- More likely to gain weight
- More irritable
- Less able to concentrate

Brought to you by the Office of Health Promotion & Dining Services