

Breakfast provides important nutrients

Skipping Breakfast

Breakfast provides important vitamins and minerals to the diet of children.

However, skipping breakfast is common amongst school children, this habit increases as they get older, and it is seen more in girls than boys.



Calcium

16 % of 11-18 year olds have a low calcium intake.

A bowl of cereal with milk can contain 25% to as much as 100% of a child's daily calcium (depending on age, cereal type and portion size).



Vitamin D

Around 20% of children may not have enough vitamin D in their bodies. This is even higher amongst teenage girls- where it is around 40%

2 eggs on toast for breakfast will provide a child with their entire day's vitamin D needs.



Fibre

Primary school pupils need 25% more fibre to achieve the recommended daily levels and those at secondary need almost 40% more fibre.

A wholemeal bagel could provide a child with 20-30% of their daily fibre needs.



B Vitamins

Research has shown that people who eat breakfast have higher intakes of B vitamins than those who skip breakfast.

A bowl of cornflakes with semi skimmed milk can provide 25-100% of a child's daily B vitamins needs.



Iron

Girls, rather than boys in the UK are more likely to miss their daily iron targets. Around 50% of teenage girls have low iron intakes and around 10% are thought to be anaemic.

A bowl of malted wheat squares could provide a child with 32-77% of their daily iron needs (depends on age, portion size and brand).

