Two thousand seventeen is here and we are already making plans of New Year Resolutions!! To be successful we need to set realistic goals. Improving our health should be near the top of our list, because good health is very important.

Breakfast is an import part of good health. I know most mornings are a very busy time for many families. Breakfast is like putting fuel in your car. If your tank is empty, you are not going to make it very far. The same is true with your body. Your body’s fuel source is low in the mornings because it has been about 10-12 hours since you have eaten. Eating something in the mornings gives you energy to start the day.

Research has shown that both children and adults who eat breakfast have better attendance and performance at school and work.

If you are not hungry when you get up, eat something light such as a piece of toast or some fresh fruit and take a nutritious snack for mid-morning. You’ll feel better and will be less likely to overeat later in the day.

Enjoy ready-to eat breakfast cereals, choose one that is made from whole grains and does not have a lot of added sugars.