Lots of people say breakfast is the most important meal of the day. That's because it gives you energy and boosts your brainpower.

For real!

BRAIN FUEL

How do our bodies turn breakfast into energy?

1. The food we eat is made up of lots of different things, including compounds called carbohydrates.

2. When carbohydrates reach our stomachs, they mix with acids and enzymes there and are converted into glucose, a type of sugar.

3. Our stomachs and small intestines absorb the glucose and then release it into our blood, where it travels through our bodies to provide energy to our cells, including the ones in our brains.

When we DON'T EAT BREAKFAST:

Our brains don't get the energy they need, and our cells don't work at full power—meaning we'll have trouble focusing and accessing our memories, making it hard to learn!

IT MATTERS WHAT YOU EAT!

Try Fruit

Skip Donut

Try Eggs

Skip White bagel

Try Whole-grain cereal

Skip Sugary cereal

Breakfast FACTS

15 m
(49 ft., 2 in.)
Diameter of the world’s largest pancake, made in England in 1994. Two cranes were needed to flip it over!

1,423
People who participated in the largest cereal breakfast ever, at a school in Australia in 2013.

1,000 kg
(2,200 lb.)
Weight of the largest bowl of cereal ever. It took 259.5 kg (572 lb.) of cornflakes to fill it!

32
Most eggs cracked in one minute with one hand.

1,070 L
(283 gal.)
Volume of the biggest glass of orange juice ever, which took 3,500 kg (7,716 lb.) of oranges to make.

A recent study of 5,000 9- to 11-year-olds found that kids who eat before school in the morning are twice as likely to perform well on tests as kids who don’t.

SUGAR CRASH

Sugary foods get absorbed by your body too quickly and leave your cells wanting more. Healthier foods are absorbed by your body more slowly.

Nutritionists say we should eat within one or two hours of waking up to kickstart the brain-energizing process.

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