

Published based on [Importance Of A Healthy Breakfast: Why Skipping Is Harmful](#)

Importance Of A Healthy Breakfast: Why Skipping Is Harmful

We have all heard the term “Breakfast is the most important meal of the day”. But why is it the most important meal of the day? Click on the link to find out why breakfast is so important and why you should eat it everyday.

Kids Need Their Morning Meal

While adults need to eat breakfast each day to perform their best, kids need it even more. Their growing bodies and developing brains rely heavily on the regular intake of food. When kids skip breakfast, they can end up going for as long as eighteen hours without food, and this period of semistarvation can create a lot of physical, intellectual, and behavioral problems for them.

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