

Mayo Clinic Minute

Fueling for school

	AUDIO
	<i>Sound of cereal being poured into a bowl</i>
	Filling up for learning is a good start, but it's only half of your assignment.
Title: Tina Ardon, M.D. Family Medicine Mayo Clinic	"It's important to have breakfast before you begin your day but also have the right type of breakfast, as well."
Graphic: Improves: Mood Concentration	Family medicine physician Dr. Tina Ardon says a healthy breakfast helps improve a student's mood and his or her level of concentration.
Tina Ardon, M.D	"Studies actually indicate, too, that people who consistently eat breakfast throughout their lives tend to be at a healthier weight, as well."
Graphic: Protein Fiber Carbohydrates	Dr. Ardon says before-school meals should include a combination of good protein, fiber and carbohydrates.
Tina Ardon, M.D.	"The right combination of those ingredients is better for our kids because they release sugar over a slow period of time and help them stay fuller longer – and be able to concentrate better for school."
	Dr. Ardon suggests things like a vegetable breakfast burrito or a whole-grain waffle topped with peanut butter or a parfait made with plain yogurt and real fruit. As for cereals, ...
Tina Ardon, M.D.	"I would look at the sugar content and look for cereals that have whole grains in them."
	For the Mayo Clinic News Network, I'm Jeff Olsen.