

# Take your time, Lets breakfast



**1**

## Improve memory and concentration

Want to be the best student or employee?  
Take regular breakfast because it helps your  
cognitive skills.



**2**

## Control appetite & boost energy level

Taking regular breakfast also helps you in  
weight loss and prevents overeating.  
Besides, acts as fuel after a long sleep.



**3**

## Improve emotional health

The more balanced your breakfast, the  
more balanced your brain. Breakfast  
makes your body system work in good  
state and effectively.

**4**

## Reduce heart disease risk

A study in a journal found men who skip  
breakfast have about a 30% higher risk of  
heart disease compared to men who do  
not skip breakfast.

