

Breakfast Basics WLS Breakfast LivingAfterWLS

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## Summary:

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Breakfast Basics - kidshealth.org Breakfast is a great way to give the body the refueling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities â€” two great ways to help maintain a healthy weight. Skipping breakfast can make kids feel tired, restless, or irritable.