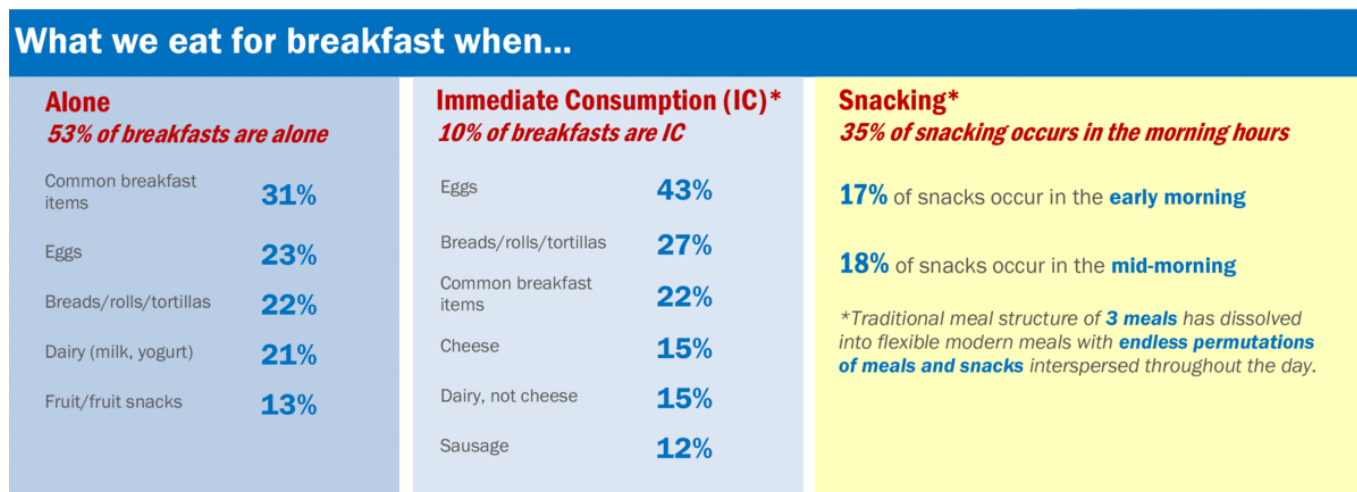


Infographic: Breakfast by the Numbers

Hartman Group



Source: Modern Eating 2013 report, The Hartman Group

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hartman-group.com

During the 20th century, cereal especially helped redefine breakfast as a health and wellness moment. Breakfast beverages also arose to give us a heavy dose of scientific nutrition to start our day. “Starting our day right” became a cultural mantra echoed in interviews across America to this day. In essence, breakfast transformed from an energy/satiety occasion to an eating occasion focused on emerging notions of targeted nutrition. **(Hartman-Group)**

Source URL (retrieved on 03/06/2015 - 3:52pm):

<http://www.foodmanufacturing.com/news/2014/08/infographic-breakfast-numbers>