

# **Still hungry? More Americans are having a 'second breakfast'**

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## ***USA Today:***

Sometimes one breakfast isn't enough. So why not sneak in a second or a third?

On-the-go Americans increasingly are consuming their morning calories over several hours instead of sitting down to devour a plate of pancakes, bacon and eggs in one sitting. The case of the morning munchies is being fueled by the belief that it's healthier to eat several smaller meals instead of three squares a day.

What qualifies as a snack or a meal is a matter of perspective, of course. But food companies are rolling out smaller bites that feed the growing appetite for morning snacks.

Read the whole story: [USA Today](#)