

A Healthy Start Breakfast is Best

**KEEP IT SIMPLE,
BUT KEEP IT DELICIOUS!
YOU MAY LIKE:**

- Oatmeal with cinnamon, applesauce, and a glass of milk
- A waffle or pancake with blueberries
- An English muffin with a slice of ham, egg, and cheese
- A raisin bran muffin, a banana, and a glass of milk.

**CHOOSE WHOLE GRAINS MOST
OF THE TIME!**

WHY EAT BREAKFAST EVERY DAY?

- It will give you the energy you need to start your day. It is “fuel” for the body!
- It can help you focus on work or school!
- It can help you feel and act your best!
- It can help keep you healthy!

Try a variety of healthy foods!
Find the ones YOU like!

NOT HUNGRY IN THE MORNING? START SMALL...TRY:

- A cup of yogurt (plain — add your own fruit).
- A piece of fruit such as a banana, orange, or apple.
- A bowl of cereal with milk.
- A slice of toast with nut butter and a glass of milk.
- Half of a toasted English muffin with a slice of cheese.
- Trail mix of raisins, nuts, and cereal.

boost your
energy and
brain power!

