

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!

