A Healthy Start

BREAKFAST IS BEST

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.

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!

boost your energy
and your brain power!