Breakfast - A Healthy Way to Start the Day

Eat Breakfast!

Everyone needs a healthy breakfast for energy and nutrients.

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Breakfast helps children be more alert and able to do better in school.

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Breakfast helps adults have more energy and feel less tired throughout the day.

Breakfast can be many foods. You might like to try:

❖ Leftover macaroni and cheese with a glass of juice.
❖ A sandwich, orange wedges and a cup of hot cocoa.
❖ Soup, low-fat cheese and crackers.
❖ Low-fat cottage cheese or yogurt with fruit and toast.
❖ Tortillas and beans with salsa and a glass of low-fat milk.
❖ Rice or cereal with fruit and low-fat milk.
❖ Cornbread and a lean slice of ham with a glass of juice.

If you don’t have time for breakfast at home, take something with you.

❖ Yogurt  ❖ Fresh fruit  ❖ Sandwiches
❖ Muffins, bagels, rolls or biscuits  ❖ Cereal in a bag and a glass of skim milk

What foods would be easy to take with you for breakfast?

What foods are easy for you to make for breakfast?