

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 your  
brain  
power!



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