

# Breakfast - A Healthy Way to Start the Day

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## *Eat Breakfast!*

Everyone needs a healthy breakfast for energy and nutrients.



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



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?

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