



Breakfast

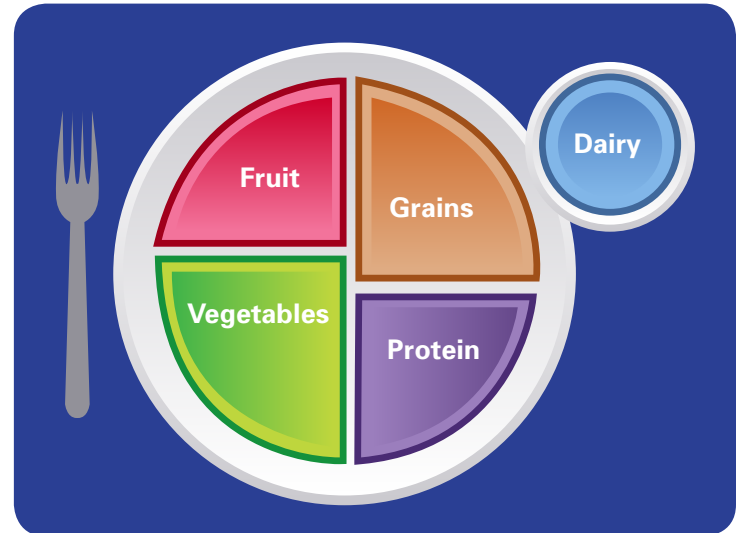
Tips to start your day off right!

Eating breakfast everyday is good for you.

- You can do better in school
- It kick starts your day
- It helps prevent diseases

Get a variety

- **Try to mix and match foods from each part of MyPlate**
 - Make half of your grains whole grains
 - Serve low-fat (1%) or fat-free (skim) milk
 - Avoid sugary and high fat pastries
 - Stick to lean meats
- **If you are on-the-go, try these for breakfast**
 - Breakfast bars
 - Whole fruit or dried fruits
 - Smoothie made with fruit and low-fat or fat-free milk



Choose **MyPlate.gov**

Choose a goal that's right for you!

- I will make a list of fun and quick breakfast foods to keep in the kitchen
- I will have low-fat (1%) or fat-free (skim) milk with my meal
- I will wake up _____ minutes earlier to eat breakfast
- I will make half of my daily grains whole by eating whole grain cereals or bread with breakfast
- _____

Can you find these breakfast words in the puzzle below?

plan ahead cereal bagel turkey bacon
low fat milk fruit yogurt nuts

K L I M T A F W O L B T Y Z B Q S S B A
Y O G U R T O O S Q Y A U L A E R E C E
H L C Y H Y M D T T U P G G F G B U F K
P L A N A H E A D T U R K E Y B A C O N
T I U R F D D U D U Q N W J L Y B H N T

PARENT CORNER

Be a good role model by having breakfast as a family.

Make it happen by planning ahead:
Before going to bed, place out fruit, breakfast bars or bags of trail mix.

Breakfast

Tips to start your day off right!

Child's Name: _____

Other Goal: _____

Cross off the boxes you did today.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I will make a list of fun and quick breakfast foods							
I will have low-fat (1%) or fat-free (skim) milk with my meal.							
I will wake up _____ minutes earlier to eat breakfast.							
I will eat whole grain cereals, breads with breakfast							
Other Goal							

Good Job! You kick started your day with a healthy breakfast.