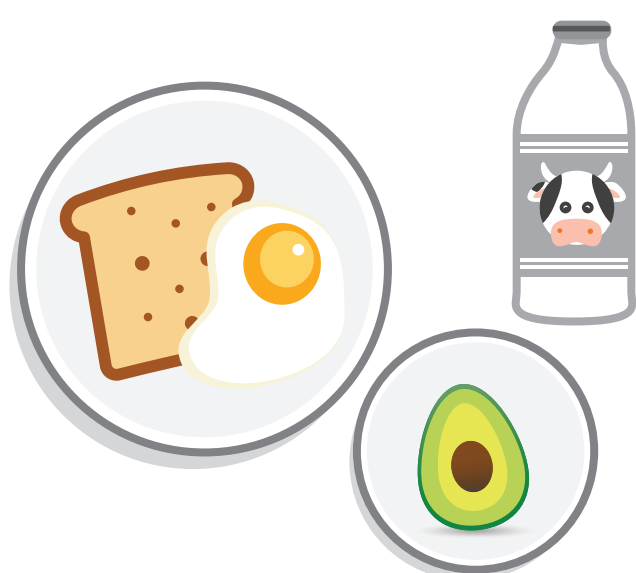
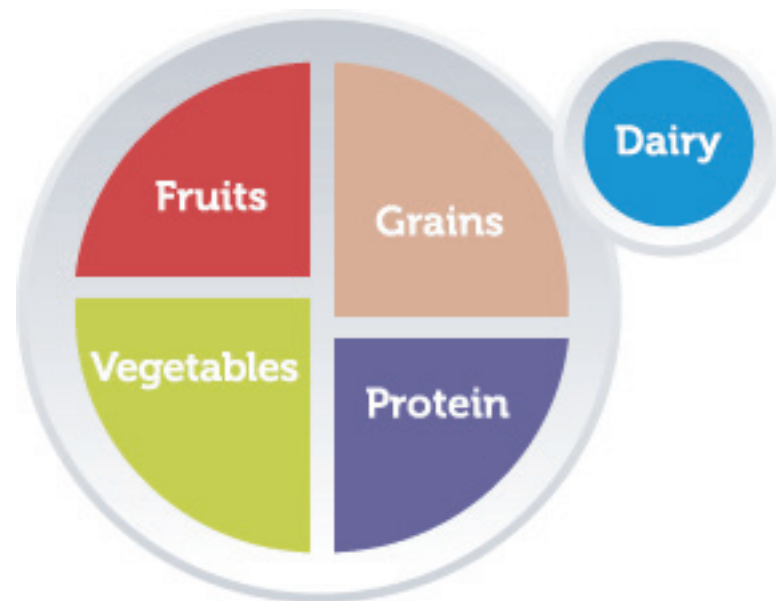


Health & Nutrition Tips

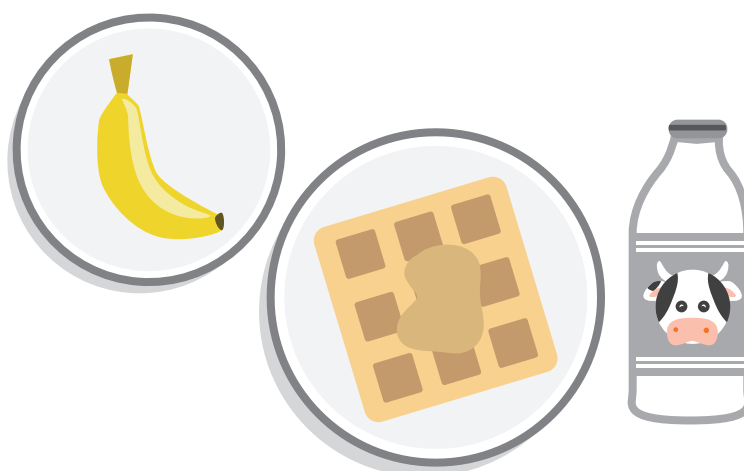
HAVE A HEALTHY BREAKFAST

The Most Important Meal of the Day

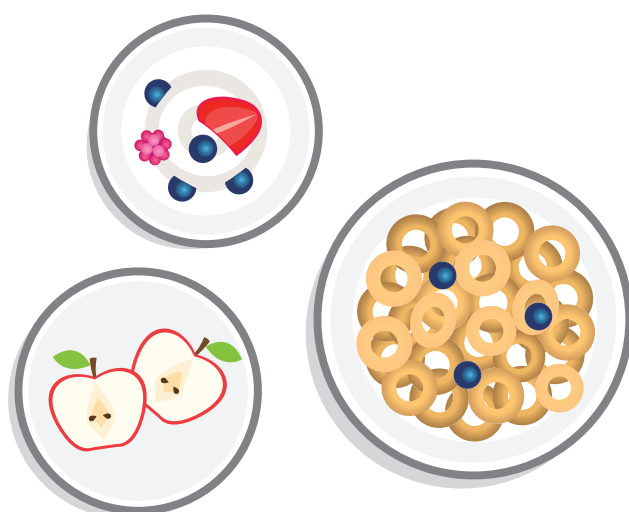
A healthy breakfast gives you the energy to be more active and helps you focus throughout the day.



- Whole Grain Toast
- Eggs
- Avocado
- Low Fat Milk



- Whole Grain Waffle spread with a spoon of peanut butter
- Banana
- Low Fat Milk



- Whole Grain Cereal or Oatmeal
- Apple
- Low Fat Yogurt

Not enough time?

- ✓ Choose a quick & easy breakfast.
- ✓ Prepare the night before.
- ✓ Take something portable with you.

Not hungry in the morning?

- ✓ Choose a small breakfast like toast and low-fat milk, then take a piece of fruit with you for a mid-morning snack.

Don't like breakfast food?

- ✓ Breakfast can be anything!
- ✓ Try last night's leftovers for breakfast.

Think you'll gain weight?

- ✓ Breakfast eaters are less likely to overeat later in the day.
- ✓ Skipping breakfast has been linked to obesity.

Visit ChooseMyPlate.gov and click on Daily Food Plans to find your recommended daily servings of these groups based on your age, sex, weight, height and physical activity.