



# Breakfast

- People who eat breakfast usually do better in school and on the job.
- By planning ahead, you can have food on hand so you don't skip breakfast.
- Try to include foods from at least three food groups for breakfast.
- Choose foods low in fat and sugar for breakfast.
- Any nutritious food is a good breakfast food.
- You can save money by preparing breakfast at home instead of eating at a fast-food restaurant.

### Healthy breakfast choices:

- |  |                            |
|--|----------------------------|
| unsweetened cereal with milk           | fresh fruit                |
| pancakes with fresh fruit              | peanut butter sandwich     |
| whole-grain toast                      | low-fat granola and yogurt |
| whole-grain muffins, waffles, pancakes | low-fat luncheon meats     |

### Mini-goals

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
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