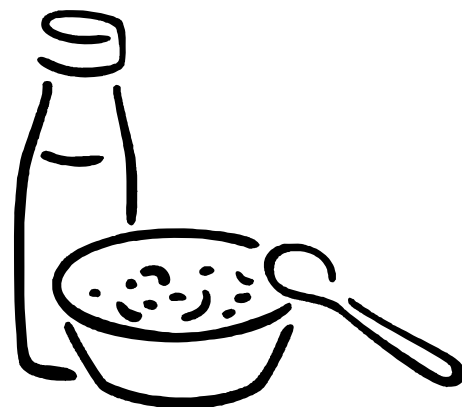


Smart Breakfast Choices

For a smart breakfast, you need one food from each group.

- **Grain:** Grains get your body and brain going for the day. Try to eat more whole-grain foods.
- **Protein:** Protein is what you need to keep you going until lunch.
- **Fruit:** You can eat fresh, frozen, canned or dried fruits. Just don't drink too much fruit juice. Juices don't have any fiber. Two 4-ounce servings of juice a day is enough for kids.



Choose one from each group

Grain	Protein	Fruit
<ul style="list-style-type: none"> ♦ Tortilla ♦ Bagel ♦ Pita bread ♦ Whole-wheat toast ♦ Low-fat granola bar ♦ Oatmeal ♦ Whole-wheat toaster waffle ♦ Whole-wheat cereal 	<ul style="list-style-type: none"> ♦ Low-fat milk (1% or skim) ♦ Low-fat string cheese ♦ Low-fat cottage cheese ♦ Low-fat yogurt ♦ Peanut butter ♦ Hard-cooked egg ♦ Low-fat sausage ♦ Canadian bacon 	<ul style="list-style-type: none"> ♦ Banana ♦ Raisins ♦ Apple ♦ Grapes ♦ Orange slices ♦ Kiwi ♦ Tomato juice ♦ Mango

Winning breakfast ideas!

Use the lists above and other ideas from MyPyramid for Kids to make three different breakfasts that you would like to eat. Feel free to add your own foods. Don't forget - the goal is to have a grain, a protein and a fruit.

Breakfast 1	Breakfast 2	Breakfast 3
Grain: _____ Protein: _____ Fruit: _____	Grain: _____ Protein: _____ Fruit: _____	Grain: _____ Protein: _____ Fruit: _____