

Boost Brainpower With Breakfast!

Did you know that breakfast is the most important meal of the day?

Good nutrition begins with breakfast. Eating a healthy breakfast provides the first fuel of the day for our brain and body; giving us energy we need to start the day!



Breaking for a balanced breakfast has its benefits!

Those who eat a balanced breakfast have been shown to have better overall nutrition and health, fewer absences from school and higher classroom achievement!

A balanced breakfast has at least one food from each of the "3 out of 5" food groups: Grains, Breads & Cereals; Fruits OR Vegetables; and Milk & Milk Products OR Meat, Beans & Nuts.

Making time for a healthy, balanced breakfast every morning introduces us to different foods from each food group.

Eating a variety of foods is important because it helps us get the nutrients and energy we need to grow strong, perform well in school and be physically active.



Quick and Easy Breakfast Ideas

- ✓ Oatmeal with fat-free milk and sliced apples
- ✓ Whole-wheat toast topped with peanut butter and sliced bananas
- ✓ English muffin with low-fat cheese and turkey sausage
- ✓ Small whole-wheat bagel, cottage cheese and peaches
- ✓ Whole-wheat crackers, string cheese and 100% apple juice box
- ✓ Try preparing breakfast the night before so it's ready to go on busy mornings!

Use the "3 out of 5" model to eat a healthy, balanced breakfast every day. A "3 out of 5" breakfast contains at least one food from the following three groupings:

Grains, Breads
& Cereals

Fruits

OR

Vegetables

Milk & Milk Products

OR

Meat, Beans & Nuts

What Makes Up a Healthy Breakfast?

"3 out of 5" Model

A balanced breakfast containing at least one food from each of the following three groupings: Grains, Breads & Cereals; Fruits OR Vegetables; and Milk & Milk Products OR Meat, Beans & Nuts.

1. Circle foods from at least "3 out of 5" food groups to help build your breakfast.



Banana



Carrot Sticks



Low-Fat Milk



Eggs



Whole-Grain Bread



Strawberries



Ham



Whole-Grain Cereal



Tomato



Cheese



Peanut Butter



Tortilla



Yogurt



Bell Peppers



Orange Juice



Bagel

2. Using the foods you circled, draw your healthy breakfast below:

