



Breakfast: A Healthy Way to Start the Day

Everyone needs a healthy breakfast for energy and nutrients. Breakfast helps children be more alert and able to do better in school. Adults that eat breakfast have more energy and feel less tired throughout the day.

Breakfast can be more than just cereal, eggs, toast, bacon, or grits. Breakfast can be many foods. It is your breakfast, so have something you like to eat. You might like to try some of the following combinations:

- Leftover macaroni and cheese and with a glass of juice.
- A sandwich, orange wedges and a cup of hot cocoa.
- Soup, low-fat cheese and crackers.
- Low-fat cottage cheese or yogurt with fruit and toast.
- Tortillas and beans with salsa and a glass of low-fat milk.
- Cornbread and a lean slice of ham with a glass of juice.

If you don't have "time" for breakfast at home, take something for breakfast with you. Some handy items are yogurt, fresh fruit, sandwiches, muffins, bagels, or cereal/protein bars.