Brain
Body

Look in this pocket to find fun activities!

Look in this pocket to find smart breakfast choices!

Try...

Whole grain cereal, whole wheat toast, plum and low fat milk

Omelet, grits, low fat milk and apple

Yogurt parfait, orange and low fat milk

Why Choose School Breakfast?
See if you can guess the answers from the riddle below. Lift the flaps to see if you are correct.

Smart Breakfast Choices
For a healthy breakfast, you need a balanced meal. Each meal should include:

• Dairy or Dairy Alternatives: milk, yogurt, cheese, and cereals provide you with protein, calcium, and vitamin D, which are important for bone development.

• Fruits or Vegetables: you can eat fruits, vegetables, and cereals to help you get the vitamins and minerals you need. Good choices are apples, oranges, and whole-grain cereals.

• Whole Grain Cereals: Choose cereals with at least 5 grams of fiber per serving, such as bran flakes or oatmeal.

• Low Fat Milk: Low fat milk provides essential nutrients like calcium and vitamin D, which are important for bone health.

Whole grain cereal, whole wheat toast, plum, and low fat milk

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Brain

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A message from the Child Nutrition Program
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N.C. Department of Health and Human Services, Division of Public Health