

# Smart Breakfast Choices



For a smart breakfast, you need one food from each category below:

- **Grains:** Grains get your body and brain going for the day. Try to eat more whole grain foods.
- **Protein or Dairy Foods:** Milk products, meat, poultry, fish, eggs, beans, nuts and seeds provide your body with protein. Protein is what you need to keep you going until lunch.
- **Fruits or Vegetables:** You can eat fresh, frozen, canned or dried fruits and vegetables. Just don't drink too much juice. Juices don't have any fiber. Two 4-ounce servings of juice a day is enough for kids.

Grains	Protein Foods & Dairy	Fruits	Vegetables
<ul style="list-style-type: none"> <li>▪ Whole wheat tortilla</li> <li>▪ Whole wheat bagel</li> <li>▪ Pita bread</li> <li>▪ Whole wheat toast</li> <li>▪ Low fat granola bar</li> <li>▪ Oatmeal</li> <li>▪ Whole grain waffle</li> <li>▪ Whole wheat cereal</li> </ul>	<ul style="list-style-type: none"> <li>▪ Low fat (1%) or skim milk</li> <li>▪ Low fat string cheese</li> <li>▪ Low fat cottage cheese</li> <li>▪ Low fat yogurt</li> <li>▪ Peanut butter</li> <li>▪ Hard-cooked egg</li> <li>▪ Low fat sausage</li> <li>▪ Canadian bacon</li> </ul>	<ul style="list-style-type: none"> <li>▪ Banana</li> <li>▪ Raisins</li> <li>▪ Apple</li> <li>▪ Grapes</li> <li>▪ Orange slices</li> <li>▪ Kiwi</li> <li>▪ Mango</li> <li>▪ Blueberries</li> </ul>	<ul style="list-style-type: none"> <li>▪ Tomato</li> <li>▪ Spinach</li> <li>▪ Onions</li> <li>▪ Peppers</li> <li>▪ Mushrooms</li> <li>▪ Broccoli</li> <li>▪ Sweet potato</li> <li>▪ Tomato juice</li> </ul>



## Winning breakfast ideas!

Use the lists above and other ideas from **ChooseMyPlate.gov** 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 or dairy food, and a fruit or vegetable.

Breakfast 1	Breakfast 2	Breakfast 3
Grain: _____	Grain: _____	Grain: _____
Protein or Dairy Food: _____	Protein or Dairy Food: _____	Protein or Dairy Food: _____
Fruit or Vegetable: _____	Fruit or Vegetable: _____	Fruit or Vegetable: _____