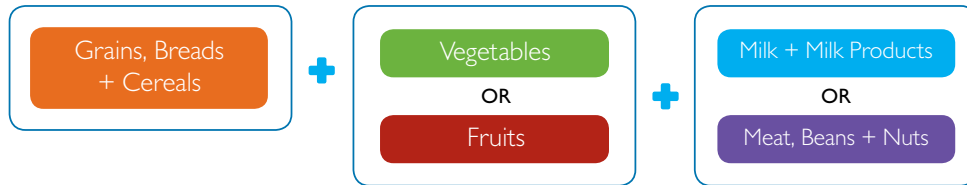


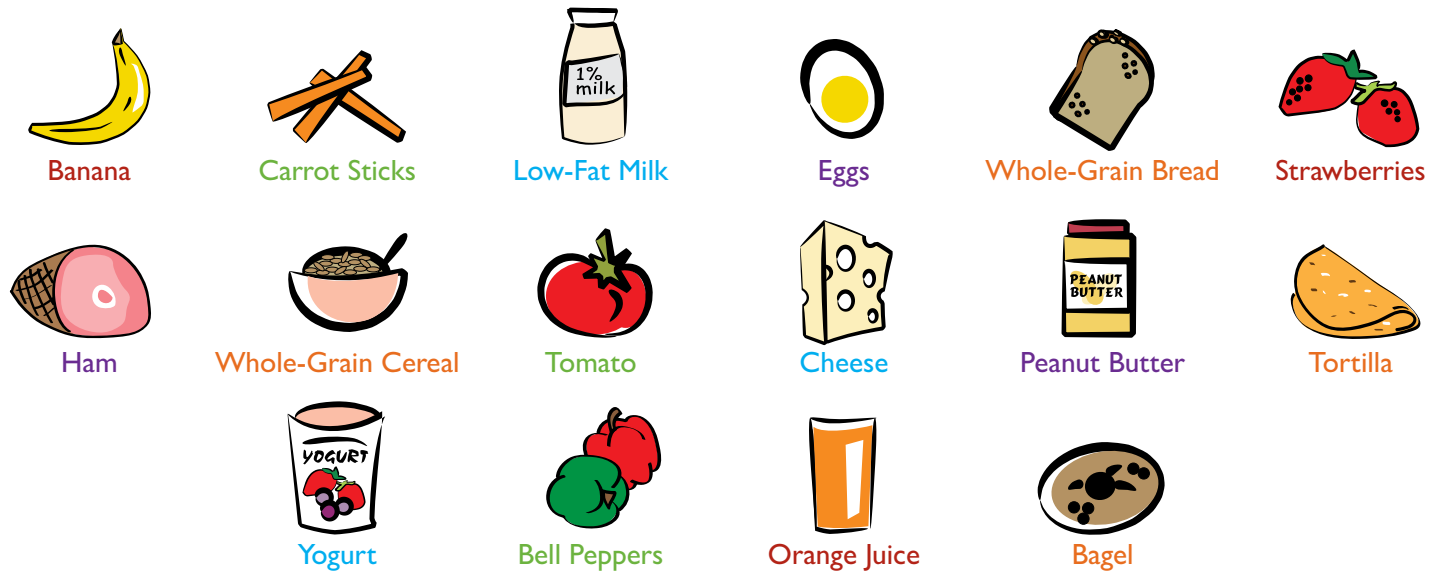
What Makes Up a Healthy Breakfast?

"3 out of 5" Model

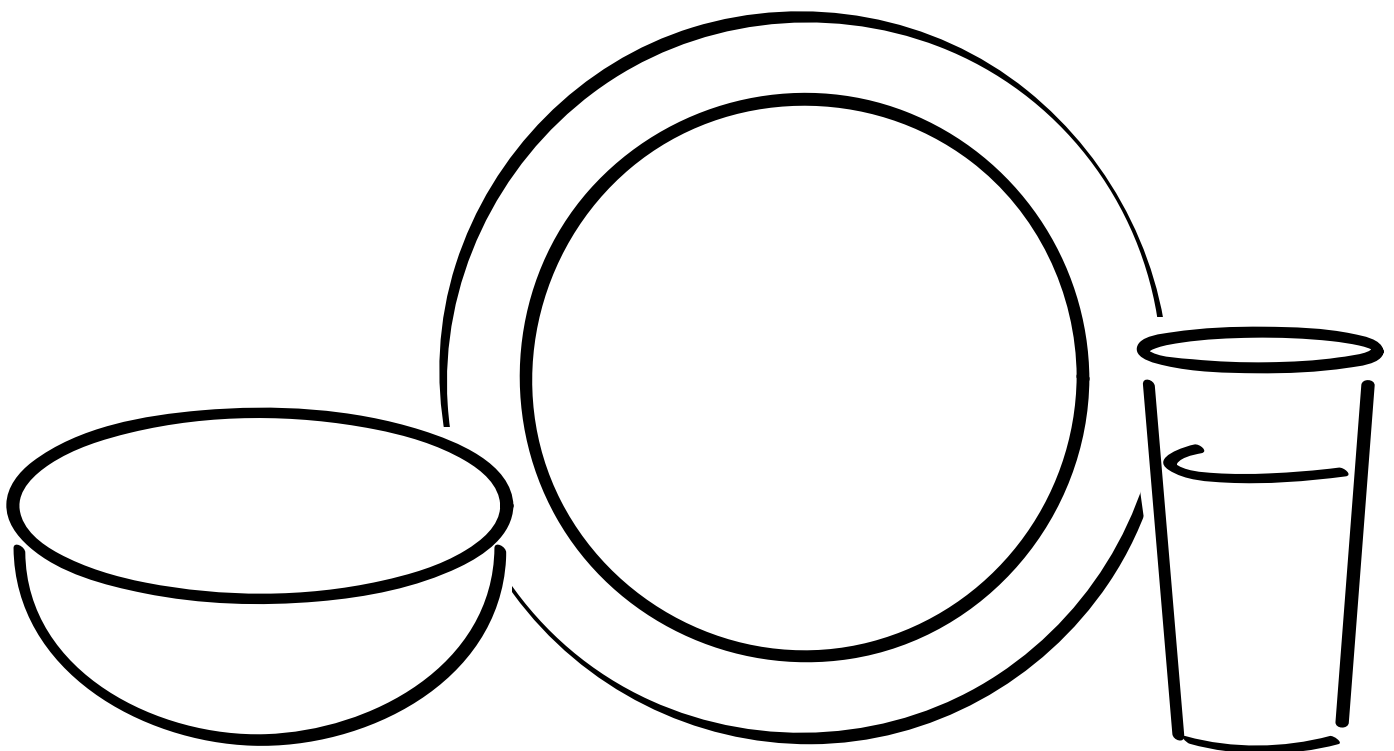
A balanced breakfast containing at least one food from each of the following three groupings:



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



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



Boost Brainpower With Breakfast!

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":

- 1– Grains, Breads + Cereals
- 2– Vegetables OR Fruits
- 3– Milk + Milk Products OR Meat, Beans + Nuts.

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

Use the "3 out of 5" model to eat a healthy, balanced breakfast every day.

Follow this equation and choose one food from each:

