

Breakfast

The first meal of the day, often after many hours without food.

Nutrient

What we get from food to help our bodies grow strong, develop and stay healthy.

Variety

A range of different items from a specific food group. For food groups, it implies eating several different foods each day from all five food groups.

“3 out of 5” model

A balanced breakfast contains at least one food from each of the “3 out of 5” food groupings: Grains, Breads & Cereals; Vegetables OR Fruits; Milk & Milk Products OR Meat, Beans & Nuts.