

# Boost Your Brainpower With Breakfast!

Good nutrition begins with breakfast. Eating a healthy breakfast provides the first fuel of the day for your brain and body, giving you energy you need to start the day!



## Do you usually eat breakfast?

A balanced breakfast has its benefits!

Eating breakfast gives you the energy to play and think.

A balanced breakfast has at least one food from each of the “3 out of 5” food groups:

- 1— Grains
- 2— Vegetables OR Fruits
- 3— Dairy OR Protein

Take the time to eat a variety of foods to get the nutrients you need to be healthy.

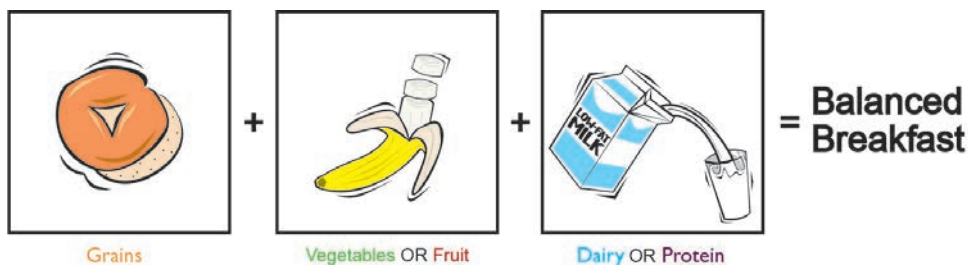


## Which is your favorite easy breakfast idea?

- \* 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

Add milk for an easy way to get “3 out of 5.”

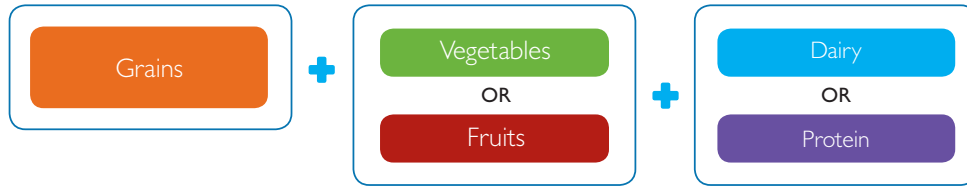
Use the “3 out of 5” model to eat a healthy, balanced breakfast every day.



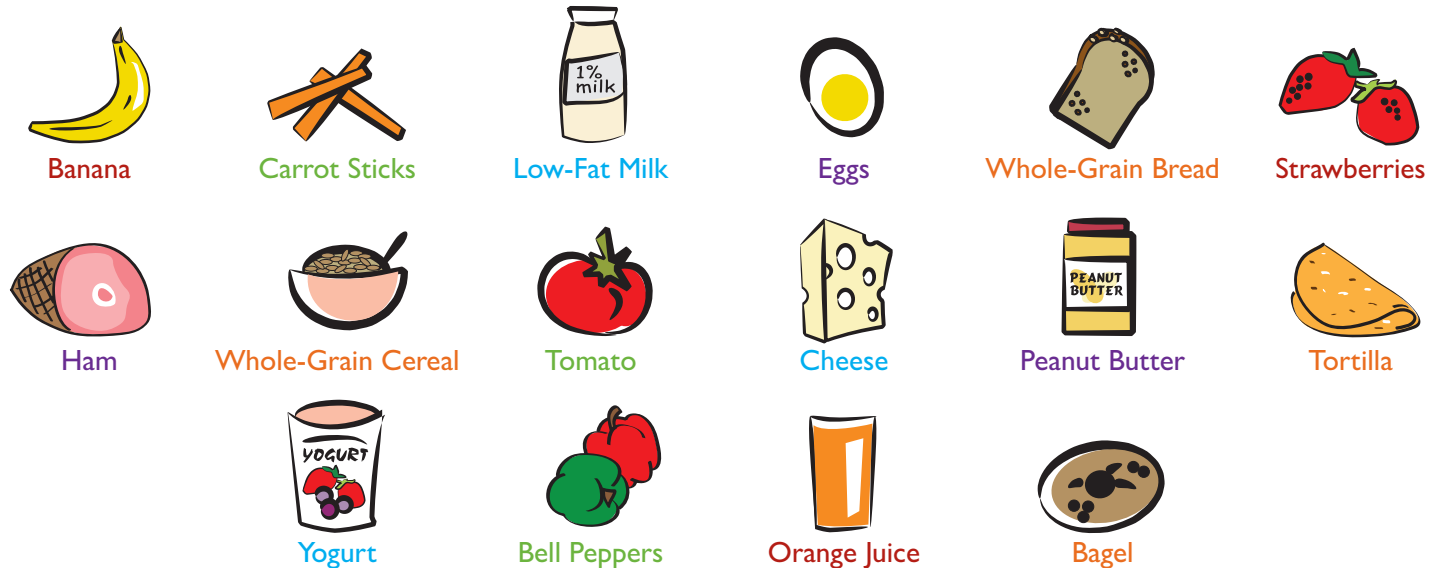
# What Makes Up a Healthy Breakfast?

## "3 out of 5" Model

For a balanced breakfast you need to choose at least one food from each of the following three boxes:



1. **Circle** foods from at least "3 out of 5" food groups that you would like for breakfast.



2. **Draw** the foods you will choose for breakfast tomorrow:

