

# Boost Your Brainpower With Breakfast!

Healthy Eating  
Made Easier!

Good nutrition begins with breakfast. Starting the day with breakfast at home or school fuels your brain for learning!



## What is a “balanced breakfast”?

A balanced breakfast will help you feel full until lunch. Eating foods from three or more food groups is a simple model to get the nutrients you need every day!

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

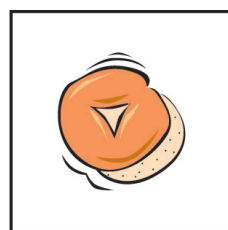
Take the time to eat a variety of foods to get the nutrients you need to be healthy.

## Which is your favorite easy breakfast idea?

- \* Oatmeal with milk and sliced apples
- \* Whole-wheat toast topped with peanut butter and sliced bananas
- \* Tortilla with cheese and tomato slices
- \* Small whole-wheat bagel, cottage cheese and peaches
- \* Whole-wheat crackers, string cheese and 100% apple juice box

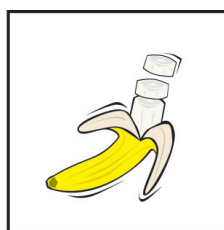
Add milk for an easy way to get “3 out of 5.”

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



Grains

+



Fruits

+



Dairy

= **Balanced Breakfast**

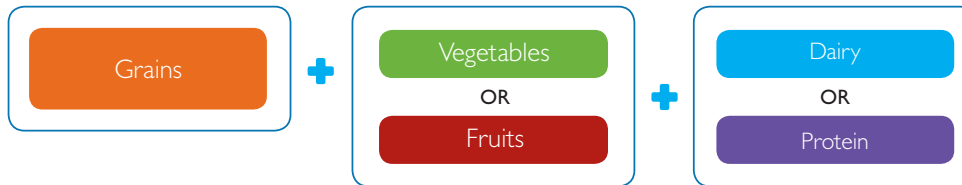




# Can You Build a Balanced Breakfast?

## “3 out of 5” Model

For a balanced breakfast, choose at least one food from each of the following food groups.



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



Banana



Carrot Sticks



Low-Fat Milk



Eggs



Whole-Grain Bread



Strawberries



Ham



Whole-Grain Cereal



Tomato



Cheese



Peanut Butter



Tortilla



Yogurt



Bell Peppers



Orange Juice



Bagel



Beans

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

