

# ENJOY A 3-STAR BREAKFAST!

Your child should eat at least **3** foods from the **5** food groups for breakfast each morning, and at least one should be a fruit or vegetable. The 5 food groups are:

*vegetables, fruit, whole grains, protein, and dairy.*

Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Values*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 1g	
<b>Protein</b> 6g	<b>12%</b>
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<b>INGREDIENTS:</b> WHOLE GRAIN WHEAT, BHT ADDED TO PACKAGING MATERIAL TO HELP PRESERVE FRESHNESS.	

Many breakfast cereals are **WHOA** FOODS. Reading the Nutrition Facts label will help you choose a **GO** CEREAL. Follow these tips to find whole-grain, low-sugar varieties:

**SERVING SIZE:** THIS IS THE AMOUNT FOR ONE ADULT PORTION (YOUR CHILD NEEDS A SMALLER PORTION)

**DIETARY FIBER:** AT LEAST 3 GRAMS PER SERVING

**SUGAR:** LESS THAN 3 GRAMS PER SERVING

**INGREDIENTS LIST:** "WHOLE GRAIN" OR "WHOLE WHEAT" SHOULD BE LISTED AS THE FIRST INGREDIENT

## MIGHTIER MORNINGS

- Choose low-fat dairy products, like skim milk or yogurt.
- Avoid meats that are high in fat, like bacon and sausage.
- Avoid pastries like doughnuts, cinnamon rolls, and Pop-Tarts<sup>®</sup> that are high in sugar and fat.
- Check the sugar content. Even granola bars and breakfast drinks can be **WHOA** foods.



# Get a Smart Start

Beginning each day with a healthy breakfast—one that includes fruits and vegetables—helps your child learn better in school.

## BENEFITS OF A HEALTHY BREAKFAST:

- ✔ *Can boost academic performance by improving attention span and memory.*
- ✔ *Can decrease school absences by improving health.*
- ✔ *Helps both kids and adults maintain a healthy weight.*

## SWEET & SIMPLE TIPS

- ✔ Fruit and cereal are quick, easy breakfast options. Keep fruit on the table or counter in your home for easy access.
- ✔ Add fruit, nuts, or whole-grain cereal to low-fat yogurt.
- ✔ Try 100% whole-grain toast with peanut butter and banana slices.
- ✔ For a healthy, ready-to-go breakfast in the morning, blend a yummy smoothie using colorful fruits and veggies the night before. Use water as the base or thicken with low-fat milk or yogurt.
- ✔ Check out the Rainbow Omelet recipe in the back of this handbook for a tasty breakfast idea.