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*

Total Fat 1g — **2%**
Saturated Fat 0g — **0%**
Trans Fat 0g
Cholesterol 0mg — **0%**
Sodium 0mg — **0%**
Total Carbohydrate 38g — **13%**
Dietary Fiber 6g — **24%**
Sugars 1g
Protein 6g — **12%**

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

INGREDIENTS: 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‰ 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.