

Get a Good Start - Eat Breakfast!

Choose one from each group:

GRAIN

- Tortilla
- Bagel
- Pita Bread
- Oatmeal
- Low-fat granola bar
- Whole-wheat waffle
- Whole-wheat cereal
- Whole-wheat toast

FRUIT

- Banana
- Grapes
- Apple
- Kiwi
- Tomato juice
- Orange
- Raisins
- Other dried-fruit
- Other in-season fruit



PROTEIN

- Low-fat string cheese
- Low-fat cottage cheese
- Low-fat yogurt
- Peanut butter
- Hard boiled egg
- Hummus
- Low-fat meat such as turkey
- Low-fat milk

