### ACTIVITY

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetable</th>
<th>Whole Grain</th>
<th>Lean Protein</th>
<th>Low-Fat Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>Spinach</td>
<td>Cereal</td>
<td>Egg</td>
<td>1% Milk</td>
</tr>
<tr>
<td>Banana</td>
<td>Bell Pepper</td>
<td>Bread</td>
<td>Lean or Soy Sausage</td>
<td>Reduced Fat Cheese Slices</td>
</tr>
<tr>
<td>Berries</td>
<td>Tomato</td>
<td>English Muffin</td>
<td>Nuts</td>
<td>Reduced Fat Shredded Cheese</td>
</tr>
<tr>
<td>Raisins</td>
<td>Onion</td>
<td>Oatmeal</td>
<td>Seeds</td>
<td>String Cheese</td>
</tr>
<tr>
<td>Mango</td>
<td>Mushrooms</td>
<td>Crackers</td>
<td>Chicken Breast</td>
<td>Low-Fat Yogurt</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Salsa</td>
<td>Tortillas</td>
<td>Tofu</td>
<td>Soy Milk</td>
</tr>
<tr>
<td>Your Choice!</td>
<td>Your Choice!</td>
<td>Your Choice!</td>
<td>Your Choice!</td>
<td>Your Choice!</td>
</tr>
</tbody>
</table>

Write Down your ideas for healthy breakfast. Don’t see what you like? Use the “Your Choice!” option to add in favorite healthy foods of your own! Use the back of this sheet for help with planning your breakfast.

**My Breakfast Ideas:**

__________________________________________________________________________

__________________________________________________________________________

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__________________________________________________________________________
What are the Best Choices in Each Food Group?

**Fruits:** Fresh, Frozen, Canned in 100% Juice, Dried, 100% Juice

**Vegetables:** Fresh, Frozen, Canned (No Added Salt), 100% Juice

**Protein:** Lean Protein – Focus on Plant Based Protein like beans, nuts, and tofu

**Grains:** Make half your grains whole! The first ingredient listed under the “Nutrition Facts Panel” should read “100% Whole Grain”

**Dairy:** Low-fat Milk, Yogurt, and Cheese

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**Tasty Breakfast Treats:**

**Breakfast Burrito**
Egg, beans, peppers, tomato, and salsa wrapped in a whole wheat tortilla

**Egg Sandwich**
Whole wheat English muffin with egg and 2% cheddar cheese

**Fruit Parfait**
Favorite nonfat yogurt and fruits of choice layered with granola on top

**Waffle Delight**
Whole wheat toaster waffle topped with fresh berries

**Trail Mix of Choice**
Nuts of choice, whole grain cereal of choice, and dried fruit of choice

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**My Goal:** Enjoy breakfast every day, your way!

Notes and Ideas to Reach My Goal!

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Please take a few minutes to complete the evaluation of the presentation by using this link: [http://www.surveymonkey.com/s/5PYDWJ3](http://www.surveymonkey.com/s/5PYDWJ3)