

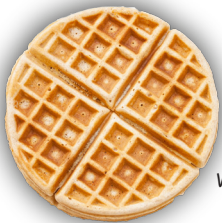
≡ 4 REASONS WHY ≡

BREAKFAST MATTERS

THERE'S **NO REASON** TO SKIP BREAKFAST!
EAT IT AT HOME, ON THE GO OR AT SCHOOL!

- 1 YOU FOCUS BETTER
- 2 YOU DO BETTER
- 3 YOU FEEL BETTER
- 4 YOU PLAY BETTER

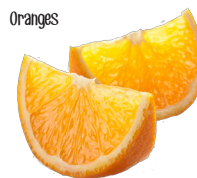
A HEALTHY BREAKFAST INCLUDES AT LEAST 3 FOOD GROUPS
HOW MANY COMBINATIONS CAN YOU MAKE?



Waffles



Cereal



Oranges



Yogurt



Whole Wheat Toast



Smoothies



Celery and Carrots



Eggs



Whole Wheat Bagels



Oatmeal



Nuts



Tomatoes



Strawberries



Apple Slices



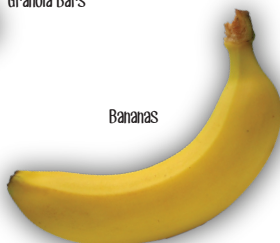
Milk (White or Flavored)



Granola Bars



Grapes



Bananas



Peanut butter



Cheese



Created by: American Dairy Association MidEast