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Week 1 Feb. 2-6

Breakfast Makes a Difference

DID YOU KNOW?

A Healthy Breakfast Is One That Consists Of Three Of The Five Food Groups?

They are grains, vegetables, fruits, meats and beans, and dairy foods.

It could be as simple as...

- * An energy packed grain or a powerful protein (eggs, nuts, beans, or meat), and
- * A fruit or vegetable, and
- * A cold glass of low fat milk or dairy item

Example #1:

A bowl of oatmeal or low sugar, high fiber cereal, a banana, and low-fat milk

Example #2:

Whole-grain pancakes, an apple, and low-fat milk

Example #3:

A blueberry muffin, a box of raisins, and low-fat yogurt

Can you think of another healthy combination of foods for breakfast? _____,
_____, and _____?

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