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Week 3 Feb. 16-20

Breakfast Makes a Difference

DID YOU KNOW?

You Can Think "Outside The Box" For What To Eat For Breakfast?

- *Combine a leftover from the night before with the other components of a healthy breakfast: A slice of pizza, grapes, and low-fat milk or a whole wheat cheese quesadilla with salsa, avocado, or sliced tomatoes and low-fat milk.
- *Make a sandwich! They are easy to make and take "on the go" and can be packed with the nutrients you need! Examples: Egg and low-fat cheese on a whole wheat English muffin, a good 'ol peanut butter and jelly, or how about a BLT (bacon, lettuce, and tomato on whole wheat)? Don't forget you can also use pita bread instead of sandwich bread.
- *Can you think of some other creative and healthy ideas for breakfast? Share these ideas with your parents, teachers, and friends.

Developed by:
Hilary LaFoley, RD,
Katie Bark, RD, LN
Montana Team Nutrition Program, MSU