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Week 7 Mar. 16-20

## *Breakfast Makes a Difference*

### *DID YOU KNOW?*

#### **More Fruits And Vegetables Matter In Helping You Look Your Best?**

- \*Fruits and vegetables are loaded with vitamins and minerals that make your skin soft and healthy, teeth shiny, eyes bright, and your bones strong.
- \*Enjoy a fruit or vegetable with every snack- grab some grapes, raisins, baby carrots, or a cup of canned fruit to feel energized and for a sweet treat.
- \*What fruits or vegetables have you had today?

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