

breakfast

A nutritious breakfast can improve your health. Eating breakfast can help you build energy, maintain a healthy weight and perform better at school or work. Low fat dairy, fruit, and whole grain breads and cereals should top your breakfast list.

It's difficult to maintain a healthy, balanced diet if you skip breakfast since nutrient rich breakfast foods can provide as much as 1/3 of the fiber, calcium, vitamin C, vitamin D and potassium that you need each day. For more healthy eating tips, visit www.choosemyplate.gov.



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