

## More About Breakfast:

Not only does breakfast start off the day better, it is one of the best times to eat dairy, whole grains and fruits, three of the food groups encouraged by USDA's "My Pyramid" and The Nutrient Rich Coalition. Having a nutrient packed morning meal will give you energy to perform better, both mentally and physically.

The following choices are packed with calcium, fiber and other vital nutrients your body and brain need to thrive. Don't limit these choices to breakfast; they are good for lunch, dinner and snacks!

- Fresh pineapple chunks mixed with low-fat cottage cheese and slice of whole wheat toast
- A whole wheat English muffin topped with low-fat cheese
- Whole grain or bran cereal with low-fat or skim milk and a serving of fruit
- Oatmeal topped with low-fat yogurt, a sprinkle of brown sugar and walnut halves
- An egg white omelet loaded with your favorite vegetables and low-fat cheese in a whole grain pita pocket
- Non-fat yogurt topped with low-fat granola and your favorite dried fruit.
- Whole wheat toast topped with peanut butter and a glass of low-fat or skim milk