

# Fuel up with Breakfast

*Don't skip the health benefits of breakfast. Kickstart metabolism, burn more energy, improve concentration, and lower risk for heart disease and obesity.*

## At Home

Whole-grain cereal with nonfat milk and fruit; yogurt-fruit smoothie and whole-grain toast; or dinner leftovers.



## On-The-Go

Granola bar and banana; peanut butter sandwich; or low-fat string cheese and an apple.



## Coffee Shop

Beverage made with nonfat milk and no added syrup, and a small whole-grain muffin; or yogurt parfait with fruit or granola.



## Fast Food

Oatmeal sprinkled with nuts; or egg sandwich and a small fruit juice.



Feel free to "branch out" from your typical breakfast. Any nutritious food you enjoy will do the job.