

# Breakfast Is Best!

## Boost your energy and brain power!

### Why eat breakfast every day?

- It will give you the energy you need to start your day. It is “fuel” for the body!
- It can help you do better in school!
- It can help you feel and act your best!
- It can help with weight control and keep you healthy!

### Not hungry in the morning? Start small... try:

- a cup of low fat fruited yogurt
- a piece of fruit such as a banana, orange or apple
- a bowl of cereal with low fat milk
- a slice of toast with peanut butter and a glass of low fat milk

### Keep it simple, but keep it delicious! You may like:

- oatmeal with cinnamon, apple-sauce, a glass of low fat milk
- a waffle or pancake with light syrup and blueberries
- an English muffin with a slice of ham, egg and low fat cheese
- a low fat raisin bran muffin, glass of low fat milk and a banana



Try a variety of healthy foods! Find the ones YOU like!

- half of a toasted English muffin with a slice of low fat cheese
- trail mix of raisins, nuts and cereal

**LET'S GO!**

Eat right. Be active. Get healthy.  
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**5210**

Every Day!

- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

Helping healthcare providers promote healthy weight.

MaineHealth®  Maine Medical Center

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