

Eat breakfast daily





Be sure to include a protein, whole grains, fruits/vegetables and a healthy fat.

Eating breakfast helps your body get the nutrients it needs to function and fight off diseases like cancer.

Bonus: eating a balanced breakfast will help you stay full longer and keep you energized.



Choose one breakfast item from each category below.

Protein	+	Whole grains	+	Fruits/vegetables	+	Healthy fats
<p>1 cup milk (skim, 1% or soy)</p> <p>6-8 oz. nonfat yogurt</p> <p>1/2 cup low-fat cottage cheese</p> <p>1 oz. low-fat cheese</p> <p>1 egg or 2 egg whites</p> <p>1 tbsp. peanut, almond or other nut butter (also counts as healthy fats)</p> 		 <p>1 slice whole grain bread</p> <p>1/2 whole grain bagel</p> <p>1 whole grain English muffin</p> <p>2 whole grain waffles or pancakes</p> <p>1/2-1 cup whole grain cereal with at least 5g fiber per serving</p> <p>1/2 cup oatmeal (cooked)</p>		<p>1 small piece of fruit</p> <p>1/2 banana</p> <p>1 cup sliced fruit</p> <p>4 oz. 100% fruit juice</p> <p>6 oz. low sodium vegetable juice</p> <p>2 tbsp. dried fruit</p> <p>1/2 to 1 cup vegetables (raw or cooked)</p> 		 <p>1 tsp. olive or canola oil</p> <p>2 tbsp. chopped nuts (also counts as protein)</p> <p>1 tbsp. pumpkin seeds, sunflower seeds or other seeds</p> <p>1 tbsp. avocado</p>

*Serving sizes may vary depending on a person's calorie needs.