



# Healthy Breakfast Plate

## Tip Sheet



### Choice 1 - 1/2 Banana 1/2 cup Orange Juice | Cereal | Milk Easy Balanced Breakfast

- 1 cup of 2%, 1%, or skim milk
- 1 cup dry cereal (not sugar-coated)
- 1/2 banana
- 1/2 cup orange juice

#### Make it a wrap

Fruit Smoothie - blend first 2 ingredients in blender.

1 cup 1% or skim milk, or yogurt

1 cup frozen berries

1 piece whole wheat toast & 1 tsp jelly

### Choice 3 - Applesauce | Toast or Bagel | Peanut Butter Peanut butter toast

1 piece whole wheat toast or 1/2 bagel

1 tbsp peanut butter

1 tsp jelly

1/2 cup applesauce

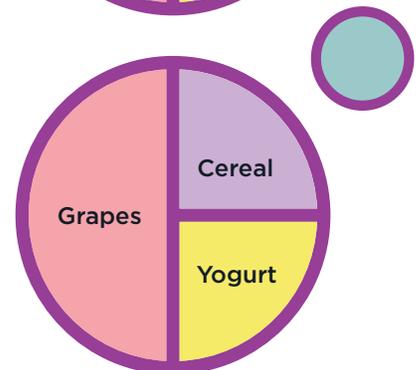
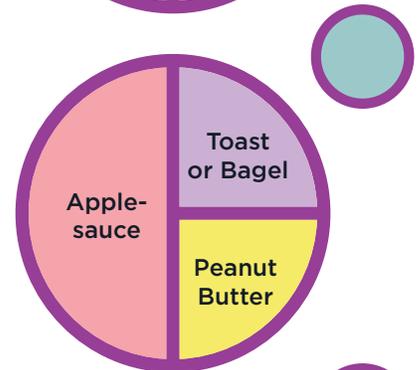
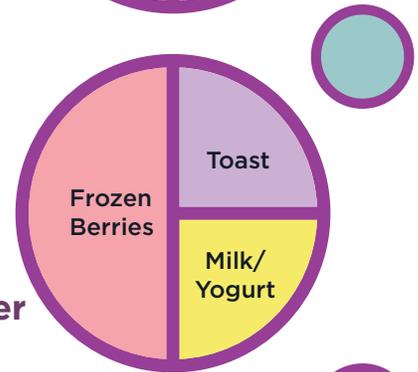
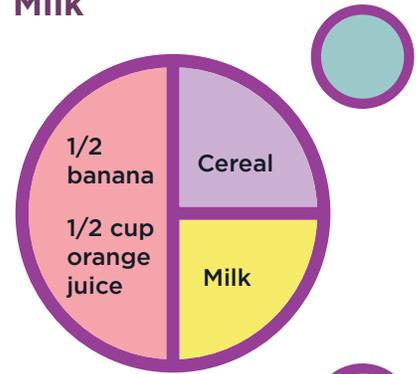
1 cup 1% or skim milk

### Choice 4 - Grapes | Cereal | Yogurt Breakfast On-the-Go

1 cup low-fat yogurt

1 cup dry cereal (not sugar-coated) or granola bar

1 cup grapes





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Tip Sheet

Make Your Own Healthy Breakfast Plate

