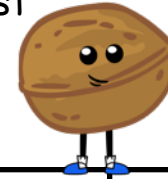


Start Your Day With A Healthy Breakfast



skip	1%	three	100% whole grain	eggs	fiber	vegetables	eat
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Fill in the Blank

1. You need at least three food groups in your breakfast.
2. It's hard for your brain to think when you skip breakfast.
3. Add 1% milk to your cereal.
4. Eggs, seeds, and nuts are a great source of protein for breakfast.
5. Make your toast with 100% Whole grain bread.
6. Choose cereal high in fiber.
7. It's better to eat your fruit than drink it.
8. Add some vegetables to your omelet.

