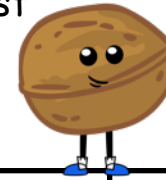


Start Your Day With A Healthy Breakfast



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

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

