



What is in a healthy breakfast?

Healthy Grains

- Fiber aids digestion
- Makes you feel full

Avoid white-sugary foods



Lean Protein

- Helps build muscles
- Makes you feel full

Avoid high fat proteins



Fruit

- Helps keep you healthy
- Easy to eat on the go

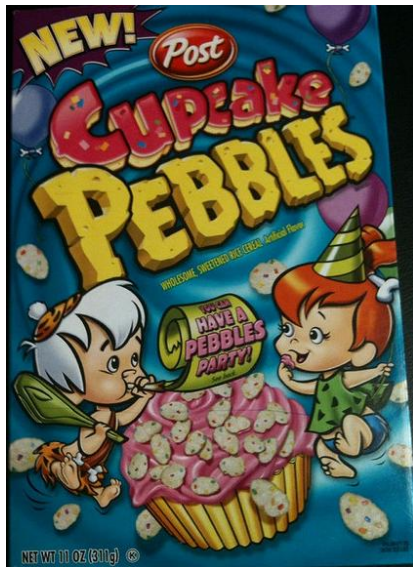
Eat at least 2 a day!





Let's Grade Some Breakfasts

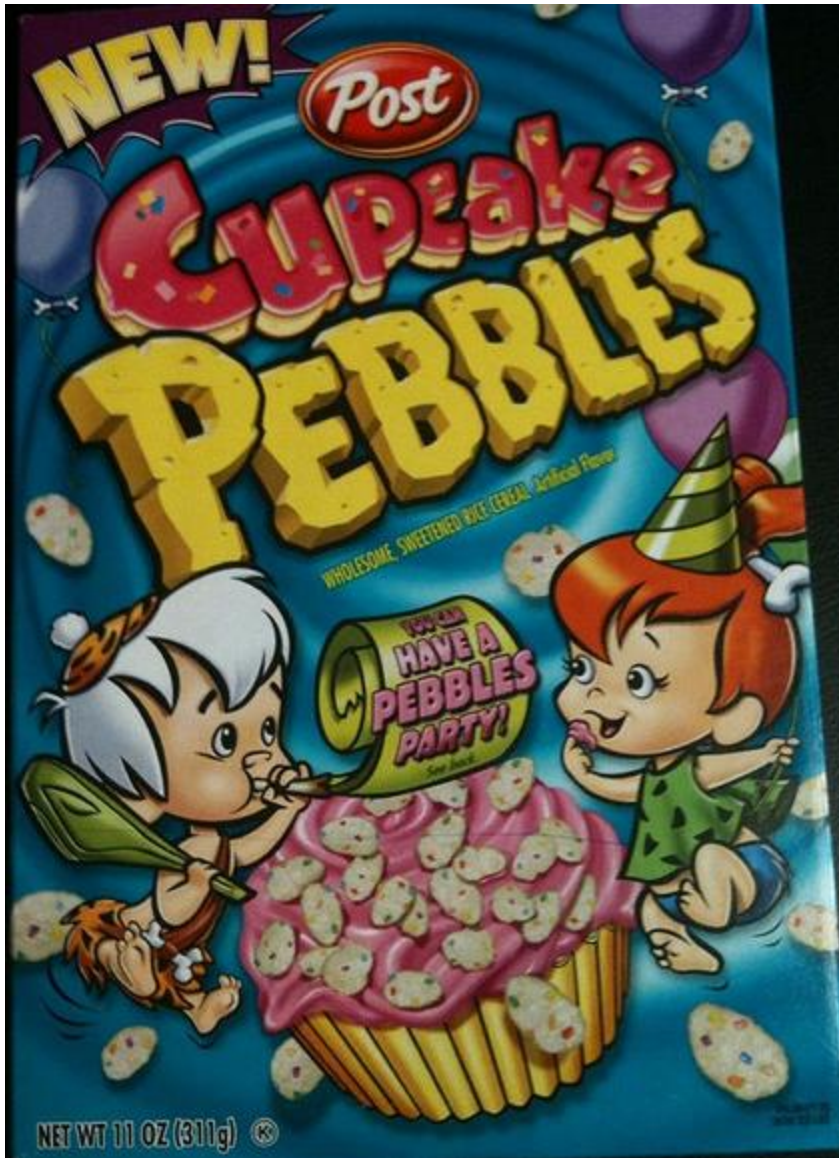
- Give one point if there is a healthy grain
- Give one point if there is a lean protein
- Give one point if there is a fruit or vegetable



What if you only had a handful of Cupcake Pebbles?

What would be healthier?

Picture courtesy of Rachel
Kramer Brussel



Picture courtesy of Rachel Kramer Brussel

What if you had Cupcake Pebbles
with milk?
How could we make this healthier?



Picture courtesy of www.bluewaikiki.com



What about granola and yogurt?
How could we make this healthier?



Picture courtesy of [love♥janine](#)



What about granola, yogurt, and fruit?



Picture courtesy of [love♥janine](#)



What about whole wheat pancakes with
Strawberries and milk?



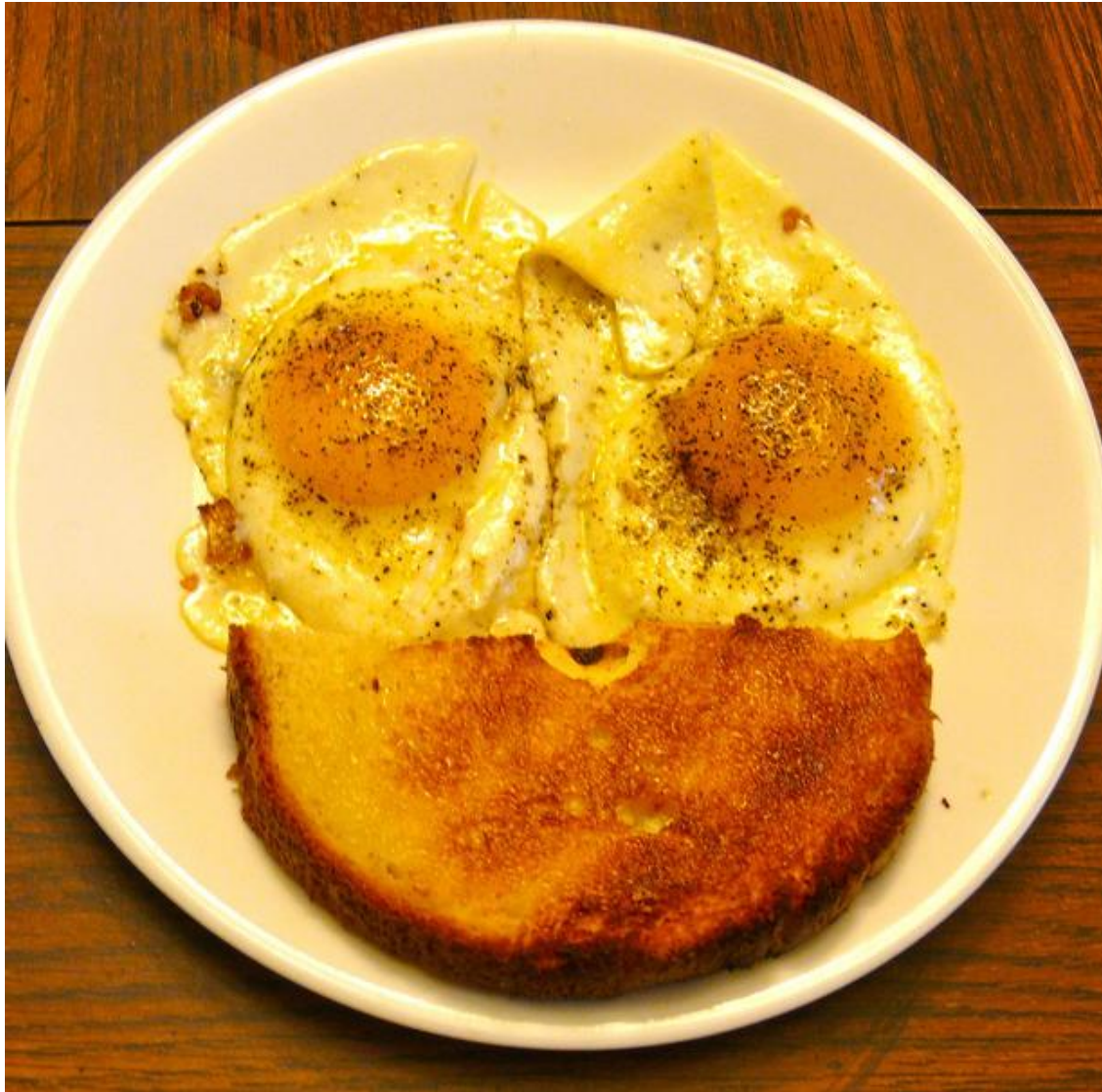
Picture courtesy of [aMichiganMom](#)



Picture courtesy of www.bluewaikiki.com



What about eggs and toast?
How could we make this healthier?



Picture
courtesy of
Larry Page