Boost your energy and brain power!

Why eat breakfast every day?
- It will give you the energy you need to start your day. It is “fuel” for the body!
- It can help you do better in school!
- It can help you feel and act your best!
- It can help with weight control and keep you healthy!

Not hungry in the morning? Start small… try:
- a cup of low fat fruited yogurt
- a piece of fruit such as a banana, orange or apple
- a bowl of cereal with low fat milk
- a slice of toast with peanut butter and a glass of low fat milk
- half of a toasted English muffin with a slice of low fat cheese
- trail mix of raisins, nuts and cereal

Keep it simple, but keep it delicious! You may like:
- oatmeal with cinnamon, applesauce, a glass of low fat milk
- a waffle or pancake with light syrup and blueberries
- an English muffin with a slice of ham, egg and low fat cheese
- a low fat raisin bran muffin, glass of low fat milk and a banana

LET’S GO!
Eat right. Be active. Get healthy.
www.letsgo.org
Every Day!

5 or more servings of fruits & vegetables
2 hours or less recreational screen time
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk

Helping healthcare providers promote healthy weight.

Contact us at infoletsgo@mmc.org