



BREAKFAST IS

**EAT A HEALTHY
BREAKFAST EVERY DAY**

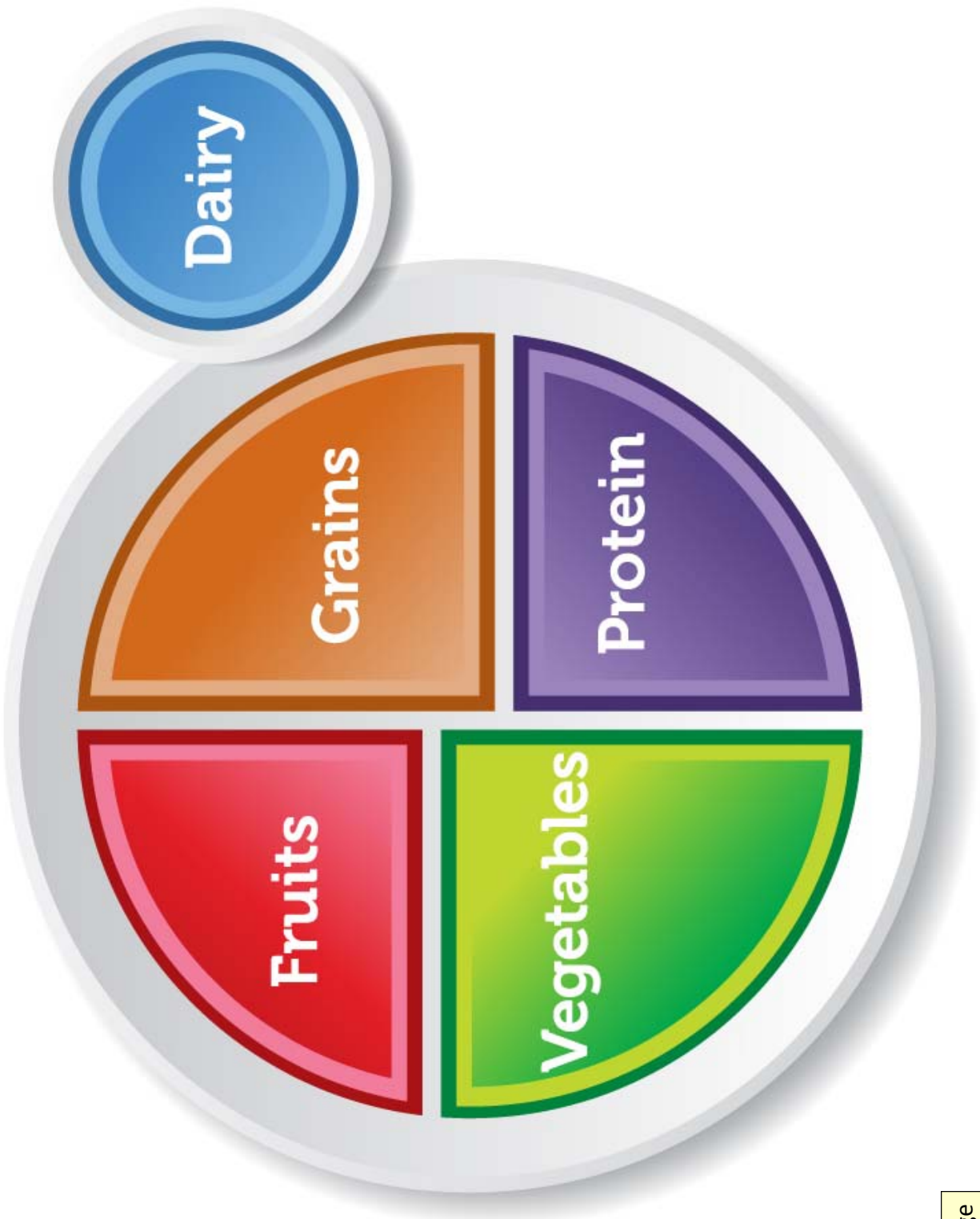
Enlarge images



**MAKE BETTER
CHOICES**

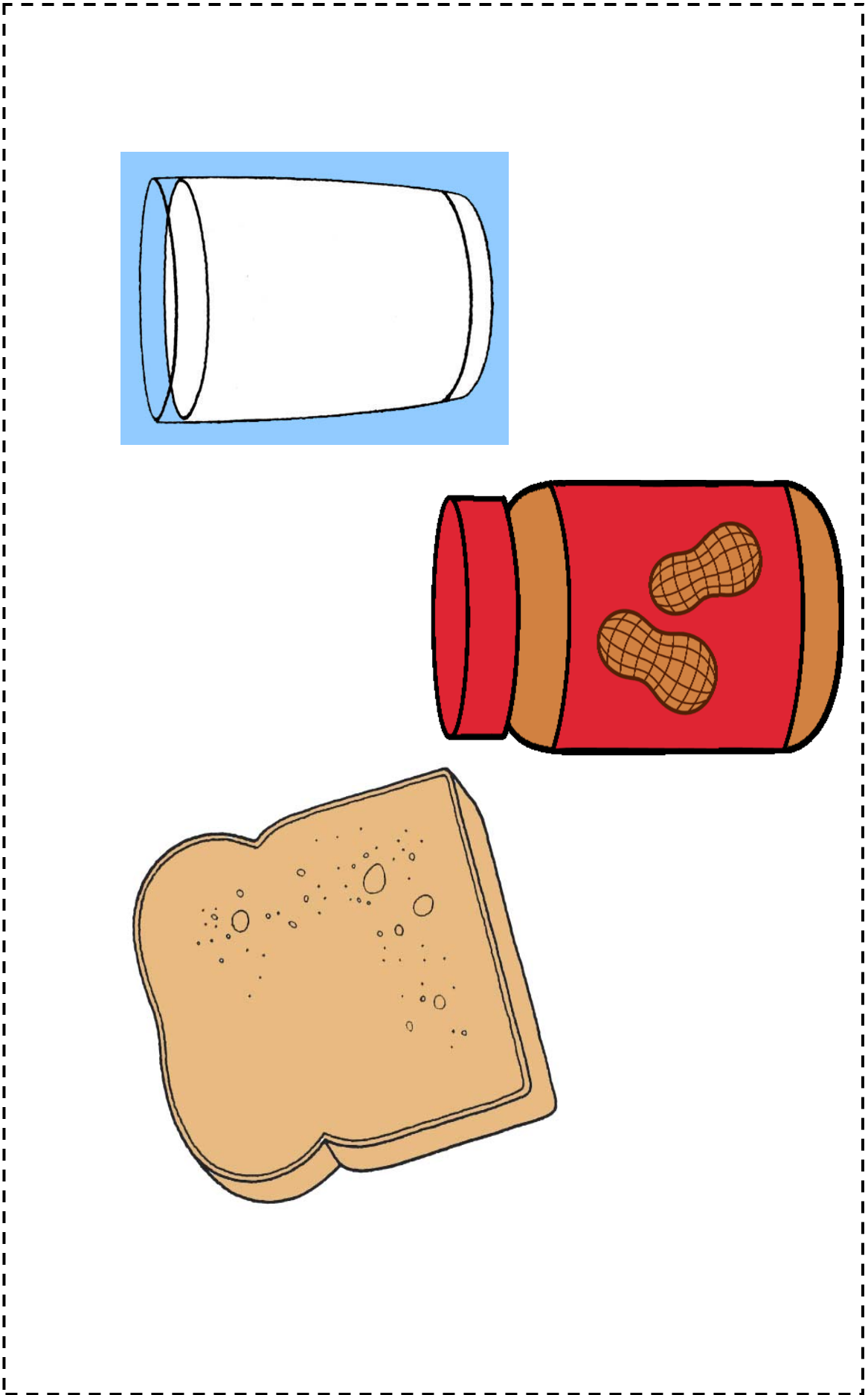
**CHOOSE FOODS FROM
THREE FOOD GROUPS**

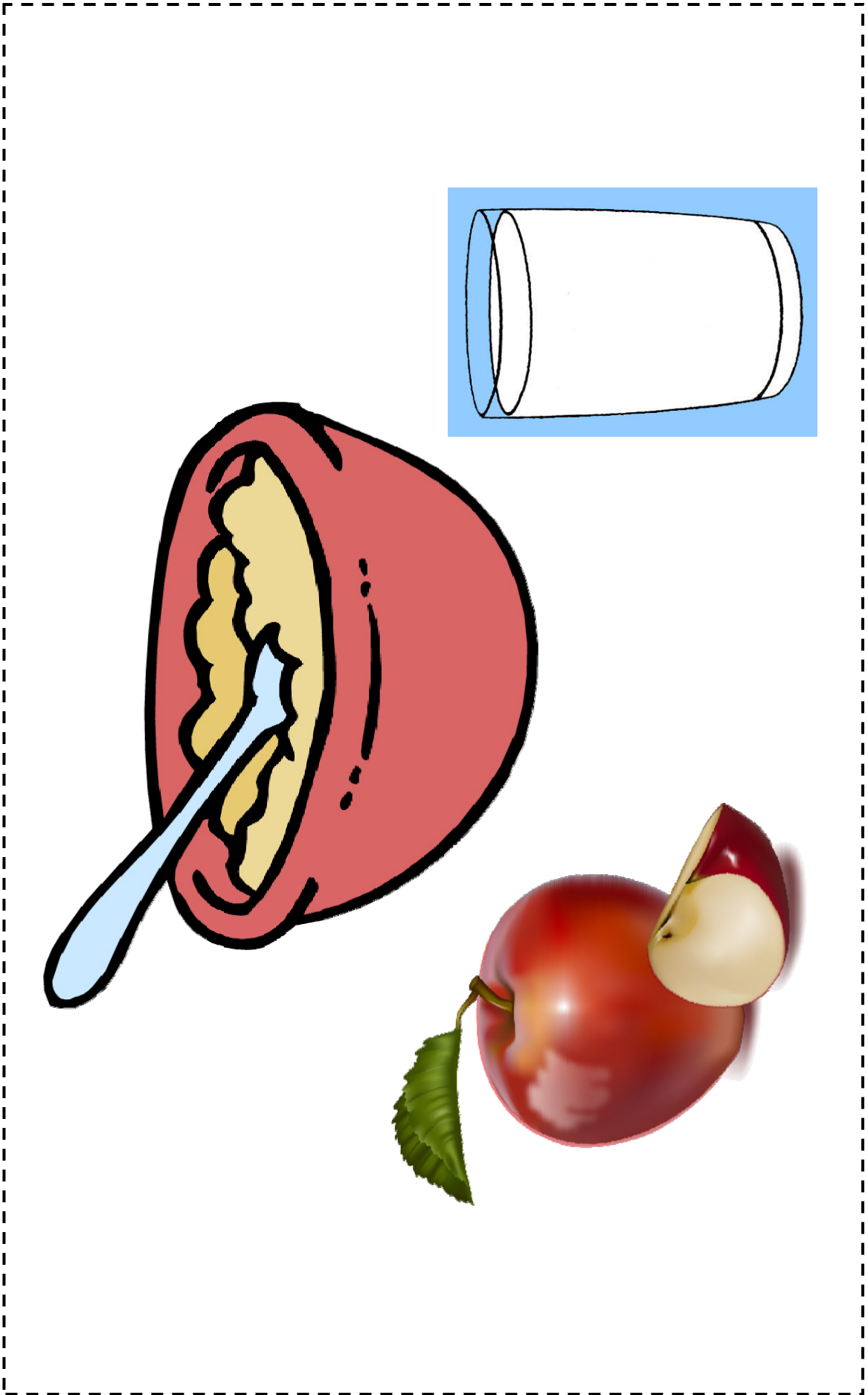
MyPlate

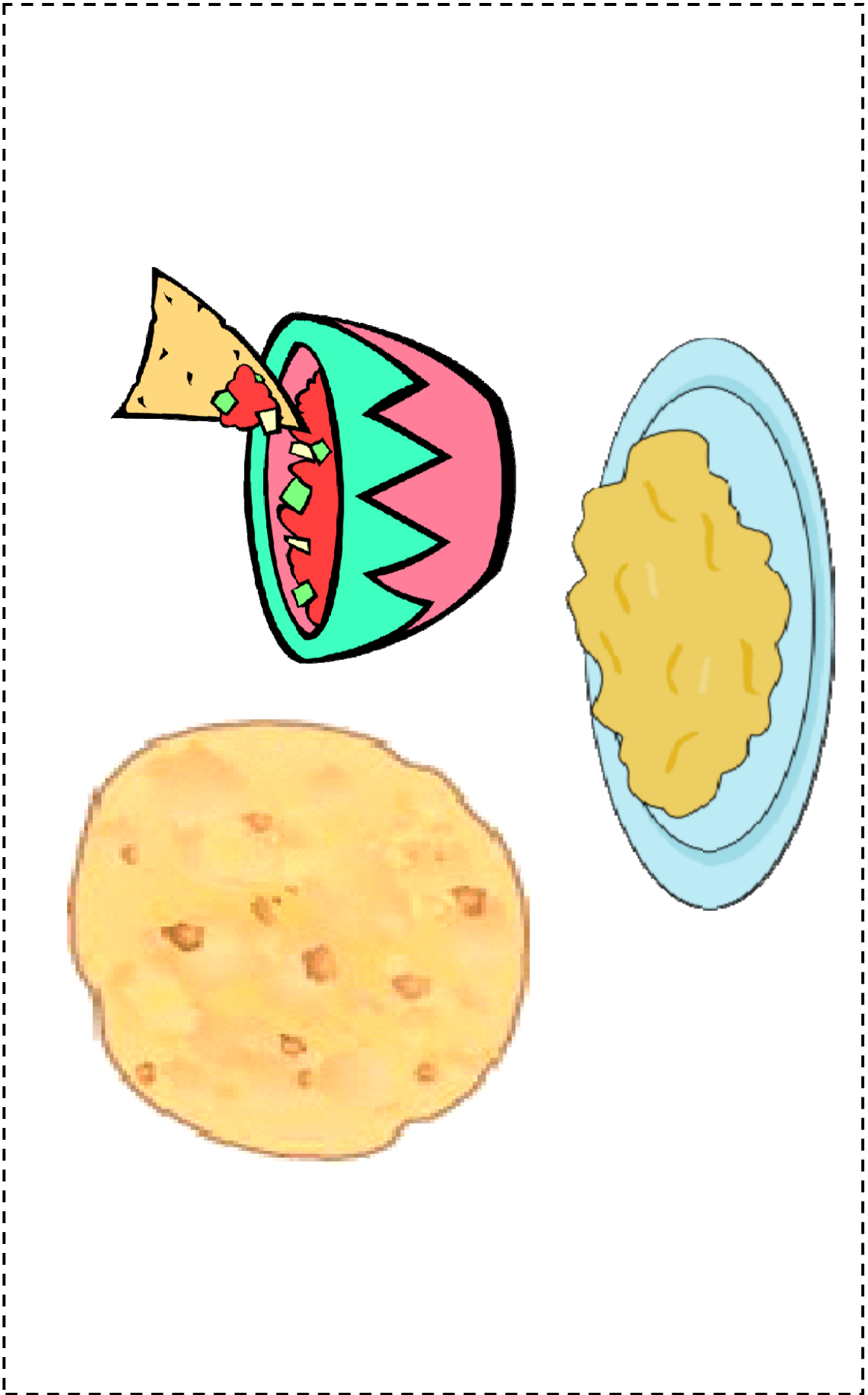


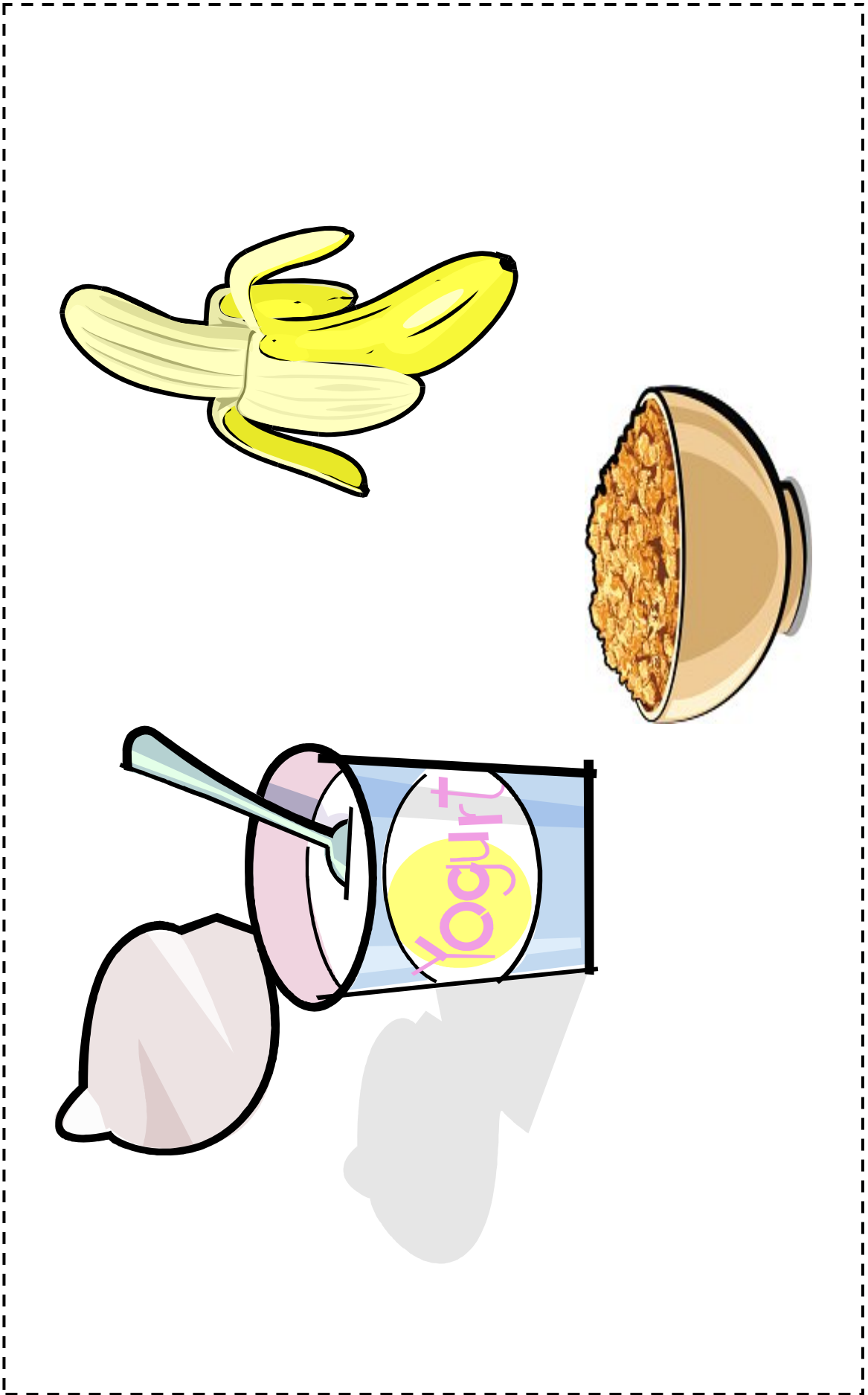
Source: www.choosemyplate.gov

Enlarge image











Whole Wheat Toast

Peanut Butter

Milk

Oatmeal

Apple

Whole Wheat Tortilla

Scrambled eggs

Salsa

Yogurt

Granola

Banana

**SOMETIMES
FOODS**



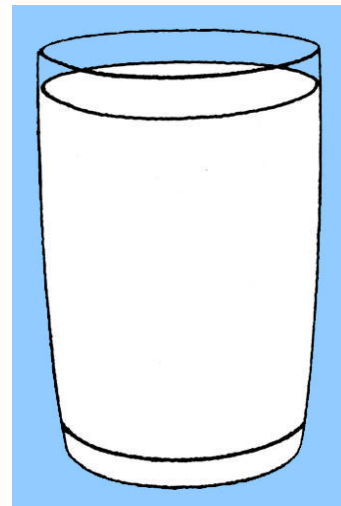
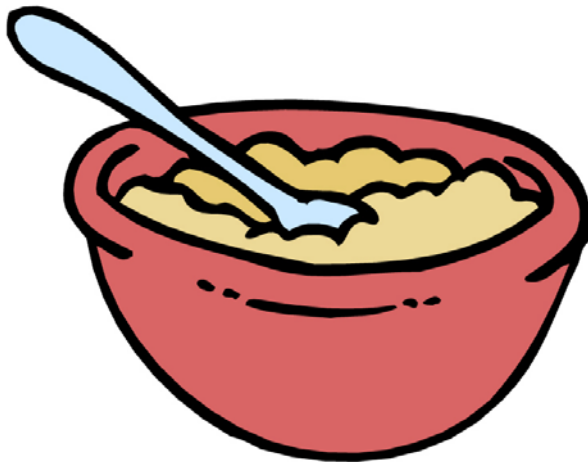
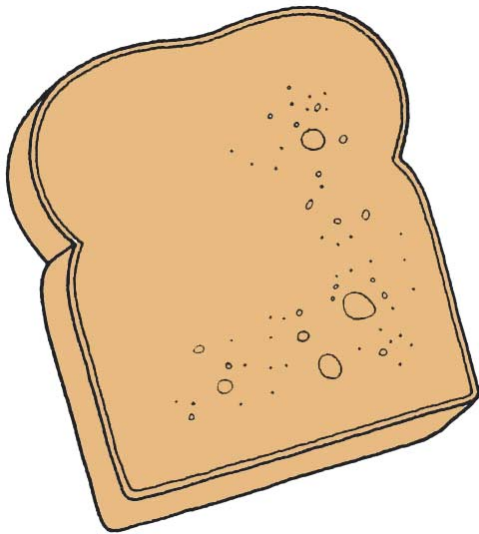
instead of

instead of

instead of

instead of

Make Better Choice Food Models



Sometimes Food Models

