

# BUILD A HEALTHY BREAKFAST!

## #1: WHOLE GRAIN

Cereal

Whole wheat toast

Oatmeal

Pancake or Waffle

Whole grain muffin or bread

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## #2: PROTEIN

Egg

Milk or yogurt

Nuts or nut butter

Meat or beans

Cheese

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## #3: FRUIT OR VEGGIE

Banana, apple, orange, etc.

Berries

Canned fruit or fruit cup

Dried or frozen fruit

Small glass 100% juice

Spinach, kale, other leafy green

Tomatoes, potatoes, carrots, etc.

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## BREAKFAST IDEAS

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## #2: PROTEIN

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