

# EATING SMART ON THE RUN



## WHAT MAKES A SMART BREAKFAST?

A smart breakfast includes one item from each of these three groups:

**GRAIN**

**PROTEIN**

**FRUIT**

## FITTING BREAKFAST INTO YOUR DAY

- Get it ready the night before
- Keep it real simple
- Pack it to go
- Plan and shop ahead

# Making Smart Breakfast Choices

## CHOOSE ONE FROM EACH GROUP

### GRAIN

- Tortilla
- Bagel
- Pita bread
- Whole-wheat toast
- Low-fat granola bar
- Oatmeal
- Whole-wheat toaster waffle
- Whole-grain cereal

### PROTEIN

- Low-fat milk
- Low-fat string cheese
- Low-fat cottage cheese
- Low-fat yogurt
- Peanut butter
- Hard-cooked egg
- Hummus
- Low-fat ham or turkey

### FRUIT

- Banana
- Raisins
- Apple
- Grapes
- Orange slices
- Kiwi
- Tomato juice
- Other in-season fruit

## WINNING COMBINATIONS FOR YOU AND YOUR FAMILY!

Use the lists above to create three different breakfast combinations for you and your family. Feel free to add your own items. Remember, your goal is to include a grain, protein and fruit.

### BREAKFAST 1

Grain:

\_\_\_\_\_

Protein:

\_\_\_\_\_

Fruit:

\_\_\_\_\_

### BREAKFAST 2

Grain:

\_\_\_\_\_

Protein:

\_\_\_\_\_

Fruit:

\_\_\_\_\_

### BREAKFAST 3

Grain:

\_\_\_\_\_

Protein:

\_\_\_\_\_

Fruit:

\_\_\_\_\_