

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:

NC STATE

EXTENSION

Community & Clinical CONNECTIONS for Prevention & Health Branch
NORTH CAROLINA DIVISION OF PUBLIC HEALTH