RemembeR: It’s important to start each day with a healthy breakfast!

1. Choose whole-grain foods that have at least 3 grams of fiber per serving. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.

2. Add fruit to a bowl of whole-grain cereal.

3. Top plain yogurt with fresh fruit, nuts, or whole-grain cereal.

4. Make nonfat or low-fat smoothies with fruits and greens.

5. Add vegetables to scrambled eggs.

6. Serve lunch for breakfast, such as a bean and vegetable burrito.

7. Toss together a snack of dried fruit, whole-grain cereal, and nuts.

For more nutrition information, visit www.HealthyChildren.org/nutrition.

The information contained in this poster should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. This poster has been developed by the American Academy of Pediatrics. The authors and contributors are expert authorities in the field of pediatrics. No commercial involvement of any kind has been solicited or accepted in the development of the content of this poster.

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