

Yogurt with a Crunch

Makes 1 serving

- 6 to 8 ounces plain or flavored lowfat yogurt
- 1/4 to 1/2 cup ready-to-eat breakfast cereal
- 1/4 to 1/2 cup sliced or chopped fruit (from frozen, canned or fresh)



Place all ingredients in a bowl or large cup. Stir and eat with a spoon.

1 serving has about 300 calories and 3 grams of fat.

French Toast

Makes 4 servings



- 3 eggs
- 1/2 cup lowfat milk
- 1/4 teaspoon salt
- 8 slices day-old bread

Spray or lightly grease large fry pan. Beat eggs, milk and salt together with a fork; pour mixture into a shallow bowl. Dip bread slices one at a time into egg mixture, turning to coat both sides. Place bread on hot fry pan. Cook until golden brown; turn and cook second side until golden brown. Serve hot with fruit or syrup.

1 serving has 200 calories and 6 grams of fat.

Eat Breakfast!



**Everyone
needs to eat breakfast**

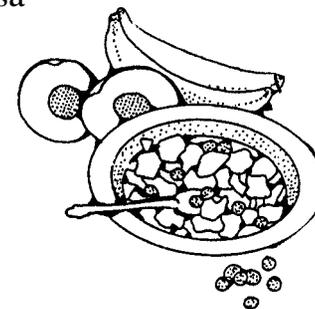
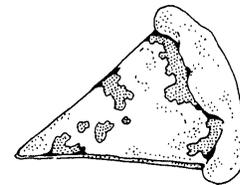
- to provide energy for the body to start the day.
- to reduce hunger all day.



Any nutritious food you enjoy is good for breakfast.

You might like to try:

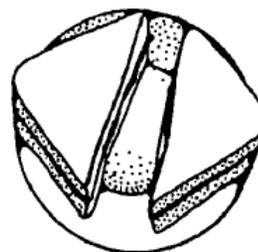
- Leftover pizza
- Sandwiches
- Soup
- Lowfat cottage cheese with fruit
- Peanut butter toast and a glass of milk
- Tortillas and beans with salsa
- Cereal and milk with banana slices
- Rice with milk and fruit



**If you don't have time for breakfast at home . . .
take something with you.**

Breakfasts to go:

- Yogurt and fruit
- Crackers and cheese
- Peanut butter and banana sandwich
- Fresh fruit
- Dry cereal
- Flour tortilla topped with melted cheese



**Children who eat breakfast
are better prepared to learn
and play.**