Eat Breakfast!

**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.

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**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.
Everyone needs to eat breakfast

• to provide energy for the body to start the day.

• to reduce hunger all day.

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

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