



HEALTHY START

Why is breakfast important?



Think about a race car: When the gas tank is running on empty, your car isn't going to go very far or perform the way you want it to. Same thing goes with you after you wake up from good night sleep, your fuel tank is empty, and so you need to fuel up with a healthy breakfast to start the day. Why? Getting a healthy start gives you a jump start in energy and wakes your brain up to learn!



So, what types of food should you start your day with?

Start with some **PROTEIN** to make you strong like eggs, Greek yogurt, milk, turkey sausage, grilled chicken or peanut butter.

Add some **CARBOHYDRATES** or fuel for energy like cereal or granola, fresh fruit, a smoothie, whole grain pancakes or toast, oatmeal, or potatoes.

And don't be afraid to try and add some **VEGETABLES** like broccoli and peppers or avocado to your eggs for an extra nutritious start!



PROTEIN



CARBOHYDRATES



VEGETABLES