Eat Smart: Breakfast Every Day!

Why should you eat breakfast?

Not only does breakfast start your day with a smile, it:

- Fuels the body with needed nutrients
- Provides energy for an active day
- Gets you ready to learn
- Helps you keep a healthy body weight

with a smile?

By eating grin-ola for breakfast!

## Not enough time?

Make sure to manage your morning to make enough time for breakfast. You may need to go to bed earlier the night before to wake up sooner in the morning.

Try this fun and simple recipe:

## Make-ahead French Toast

8 slices bread (1/2-inch-thick slices) 11/2 c. low-fat milk ¼ c. sugar

½ tsp. vanilla

## Suggested toppings:

Fruit, syrup or sugar-cinnamon mixture

- 1. Lightly grease a 13- by 9- by 2-inch baking pan. Cut each slice of bread into two even strips. Arrange bread strips in pan.
- 2. In large bowl, mix eggs, milk, sugar and vanilla with an electric mixer on low speed until well blended, five minutes.
- 3. Pour egg mixture over bread strips; cover. Chill
- 4. Preheat oven to 425 F. Bake until eggs are set and toast is lightly browned, about 30 to 40 minutes.
- 5. Serve with toppings of choice.

Nutrition Tip: Try using whole-wheat bread instead of white for more nutrients.

Makes four servings, about two slices each. Each serving has 330 calories, 9 grams (g) fat and 46 g carbohydrate.

Kids learn better if they eat breakfast!

## Make Healthful Choices

When choosing breakfast, aim for variety. Do you know your MyPlate Daily Food Plan? Visit www.choosemyplate.gov to find out the amount of each food group kids and adults need daily. For breakfast, try to eat foods from at least three or four different food groups, such as grains, fruits and the dairy groups.

Try these quick, easy and great tasting breakfast ideas:

- lacktriangle Oatmeal with applesauce and a glass of low-fat milk
- ▲ Ready-to-eat cereal with milk and fruit
- lacktriangle Peanut butter and banana sandwich
- ▲ Bagel with cheese and 100 percent fruit juice
- ▲ Pita bread with yogurt and strawberries



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