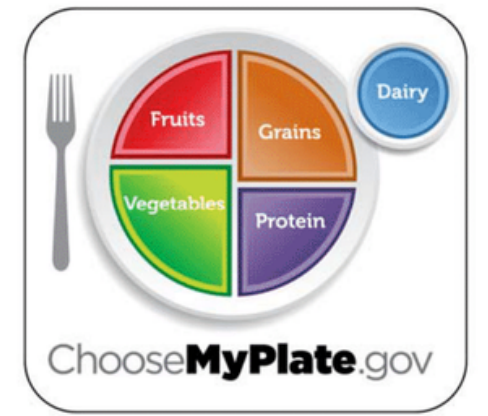





How To Create A Breakfast

- Eat a minimum of 2 food groups and a maximum of 4
- Start with a fruit, juice or both
- Add an entree (grain and/or protein) and a serving of milk.




 +  +  = Meal

Fruit Protein Milk

 +  +  = Meal

Fruit Grain Milk

 +  +  = Meal

Fruit Fruit Grain

 +  = Not a Breakfast
No fruit

Grain / Protein Milk

 +  = Not a Breakfast
No fruit

Grain Milk

How To Create A Meal

- Eat a minimum of 3 food groups and a maximum of 5
- Start with a Fruit or Vegetable (or both)
- Add Whole Grain, Lean Protein and a serving of Milk



Fruit

+



Whole Grain
& Lean Protein

=

Meal



Vegetable

+



Fruit

+



Milk

=

Meal



Vegetable

+



Whole Grain
& Lean Protein

+



Fruit

=

Meal



Whole Grain
& Lean Protein

+



Milk

=

Not a Meal
No fruit or vegetable