



Breakfast—start your engines!

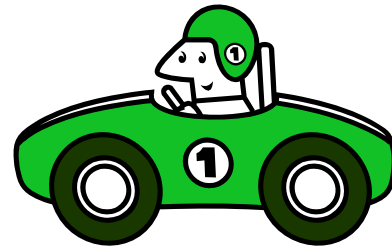
Why is breakfast such a big deal?

When you wake up in the morning, your body hasn't had any food for a long time! It's important to eat a healthy breakfast to give your body the fuel to get going. Trying to run your body on an empty stomach is like trying to start a car without gas—it just doesn't work!

No time for breakfast? Try these quick and easy ideas:

On the run

- Whole wheat toast with peanut butter
- Whole wheat bread or tortilla with cheese
- Hard-boiled egg
- Whole wheat English muffin with turkey
- String cheese, dried fruit and crackers or nuts



At home

- Bowl of whole grain cereal with cut up fruit
- Frozen whole wheat pancake or waffle
- Tortilla & beans
- Scrambled egg & toast
- Bran muffin & yogurt