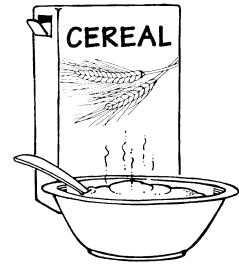




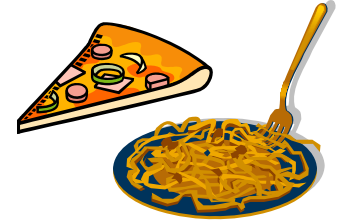
UNIVERSITY OF ILLINOIS  
**EXTENSION**  
NUTRITION EDUCATION PROGRAMS

# BREAKFAST



Dear Parent,

Today your child learned it is important to eat a nutritious breakfast every morning. Any healthful food can be a breakfast food such as pizza, sandwich or noodles. Be a good role model and eat breakfast with your child. If you have questions, contact your local Extension office:

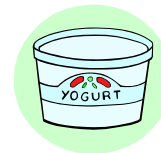


- Try to include at least three food groups for breakfast. For example; leftover pizza, orange juice and milk or add bananas to your cereal with milk.
- A breakfast that includes meats, beans, milk, or milk products and is low in sugar will help keep you from getting hungry too soon.

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## BREAKFAST FOOD IDEAS

- 100% fruit and vegetable juices
- Fresh, canned, or dried fruits
- Milk, yogurt, cheese, cottage cheese, custard
- Leftover poultry, fish and meat; canned fish such as tuna; lean luncheon meats and lean breakfast sausage
- Leftovers such as casseroles (macaroni & cheese), spaghetti, pizza, enchiladas, etc.
- Whole-grain breads, muffins, rolls, pancakes, etc.
- Quick-cooking and instant hot cereals
- Ready-to-eat low sugar cold cereals



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