



Smart Choices

create a breakfast triangle

For a smart breakfast, you need one food from each category below:

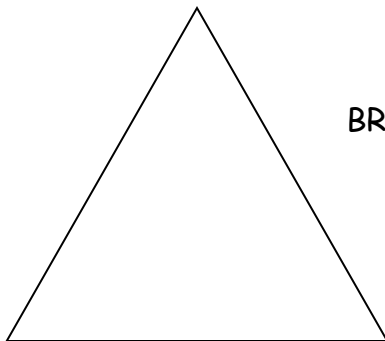
GRAINS: Give you energy to get your body moving!

DAIRY or PROTEIN: Keeps you full until lunch! Choose dairy or protein foods that are good for your heart!

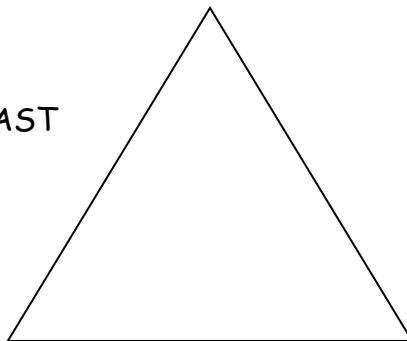
FRUITS or VEGETABLES: Gives you vitamin and minerals to keep you healthy!

GRAINS	DAIRY & PROTEIN	FRUITS & VEGETABLES
Whole grain cereal	Low fat (1%) or skim milk	Banana
Whole wheat bread	Low fat cheese	Strawberries
Oatmeal	Low fat yogurt	Salsa
Granola bar	Eggs	100% Orange Juice
Whole wheat waffle	Peanut butter	Raisins
Whole wheat bagel	Canadian bacon	Blueberries
Whole Wheat Tortilla	Turkey sausage	Apple Slices
Whole grain muffin	Almonds	Baby carrots
Whole wheat pancakes	Sunflower seeds	Tomato juice

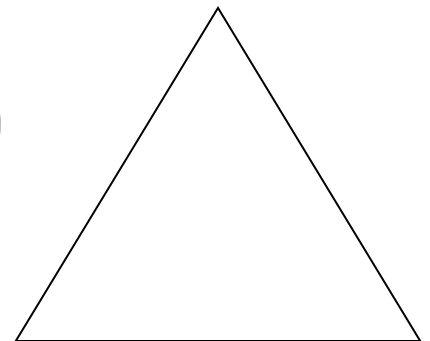
Use the foods above to create your own healthy breakfast triangle! You can also add your own foods too!



BREAKFAST
is



BRAIN
FUEL!



Public Health

Durham County Department of Public Health Nutrition Division (919) 560-7837. This material was funded by the SNAP-Ed Nutrition Education and Obesity Prevention Grant Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Offices of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer. **SNAP, or Food and Nutrition Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (919) 560-8000.**