

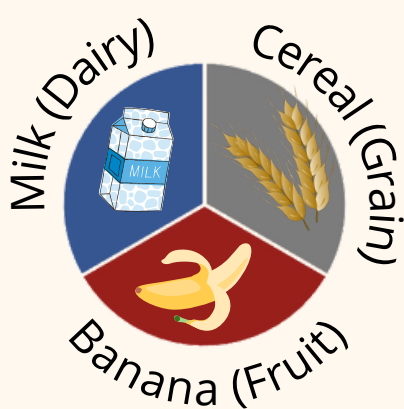
Planning Breakfast



With so many great choices, why choose a soda and candy bar?

Treat yourself right, and it will show from the inside out!

Remember to try to have at least three different food groups!



Have a bowl of cereal with milk and a banana



Have a slice of leftover cheese pizza with a 4-oz glass of 100% orange juice

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To get yourself up and going, have a glass of low-fat, fat-free, or soy milk.

Soy milk comes in a variety of yummy flavors! Remember if you choose soy milk, make sure it is calcium fortified.

Nothing good to eat at home? Check with your cafeteria or dining hall to see if they have a breakfast that is right for you.



SoulFIRE Health
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