

Session 17 – Why Breakfast Is The Most Important Meal

V. Activity

Below is a list of foods that can be used for breakfast. Check off each item that you purchase and try in the next week.

Grains – make at least half of your grains whole grains

- | | |
|---|--|
| <input type="checkbox"/> 100% whole-grain bread | <input type="checkbox"/> whole grain cereal |
| <input type="checkbox"/> oatmeal | <input type="checkbox"/> whole-wheat tortillas |
| <input type="checkbox"/> quinoa | <input type="checkbox"/> rolled oats |

Protein: choose lean or low-fat meats

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> lean/extra lean turkey/turkey bacon | <input type="checkbox"/> eggs |
| <input type="checkbox"/> natural peanut butter | <input type="checkbox"/> beans |
| <input type="checkbox"/> nuts | <input type="checkbox"/> other: _____ |

Fruit: make ¼ of your plate fruits

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> strawberries | <input type="checkbox"/> pineapples |
| <input type="checkbox"/> blueberries | <input type="checkbox"/> banana |
| <input type="checkbox"/> melon | <input type="checkbox"/> grapes |
| <input type="checkbox"/> tomatoes | <input type="checkbox"/> other: _____ |

Vegetables: make half your plate vegetables

- | | |
|---------------------------------------|----------------------------------|
| <input type="checkbox"/> mushroom | <input type="checkbox"/> onions |
| <input type="checkbox"/> bell peppers | <input type="checkbox"/> spinach |
| <input type="checkbox"/> other: _____ | |

Dairy: choose low-fat or fat free milk and dairy foods

- | | |
|---|---|
| <input type="checkbox"/> milk | <input type="checkbox"/> low-fat cheese |
| <input type="checkbox"/> low-fat yogurt | <input type="checkbox"/> other: _____ |

