



Academy of Nutrition and Dietetics  
Academy of Nutrition and Dietetics Foundation

# Healthy Breakfast. Everywhere You Go.

## ACTIVITY

Fruit	Vegetable	Whole Grain	Lean Protein	Low- Fat Dairy
Apple	Spinach	Cereal	Egg	1% Milk
Banana	Bell Pepper	Bread	Lean or Soy Sausage	Reduced Fat Cheese Slices
Berries	Tomato	English Muffin	Nuts	Reduced Fat Shredded Cheese
Raisins	Onion	Oatmeal	Seeds	String Cheese
Mango	Mushrooms	Crackers	Chicken Breast	Low-Fat Yogurt
Pineapple	Salsa	Tortillas	Tofu	Soy Milk
Your Choice!	Your Choice!	Your Choice!	Your Choice!	Your Choice!

Write Down your ideas for healthy breakfast. Don't see what you like? Use the "Your Choice!" option to add in favorite healthy foods of your own! Use the back of this sheet for help with planning your breakfast.

### My Breakfast Ideas:

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## What are the Best Choices in Each Food Group?

**Fruits:** Fresh, Frozen, Canned in 100% Juice, Dried, 100% Juice

**Vegetables:** Fresh, Frozen, Canned (No Added Salt), 100% Juice

**Protein:** Lean Protein – Focus on Plant Based Protein like beans, nuts, and tofu

**Grains:** Make half your grains whole! The first ingredient listed under the “Nutrition Facts Panel” should read “100% Whole Grain”

**Dairy:** Low-fat Milk, Yogurt, and Cheese

## Tasty Breakfast Treats:

### Breakfast Burrito

Egg, beans, peppers, tomato, and salsa wrapped in a whole wheat tortilla

### Egg Sandwich

Whole wheat English muffin with egg and 2% cheddar cheese

### Fruit Parfait

Favorite nonfat yogurt and fruits of choice layered with granola on top

### Waffle Delight

Whole wheat toaster waffle topped with fresh berries

### Trail Mix of Choice

Nuts of choice, whole grain cereal of choice, and dried fruit of choice

## My Goal: Enjoy breakfast every day, your way!

Notes and Ideas to Reach My Goal!:

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