

READY, SET, BREAKFAST!

Get a great start to your morning by having a healthy breakfast.

TIPS FOR A HEALTHY BREAKFAST



FRUITS/VEGETABLES

- Top your cereal with fruit
- Drink 100% juice or enjoy whole fruit
- Add apples to your oatmeal
- Add vegetables to your eggs or omelet



WHOLE GRAINS

- Keep it fun and combine two or three whole-grain cereals with different shapes
- Use a whole grain tortilla to wrap chopped veggies, scrambled eggs, and low-fat cheese
- For a quick morning snack on the go, pack a container with whole-grain dry cereal



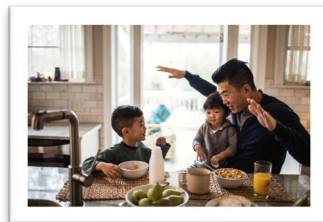
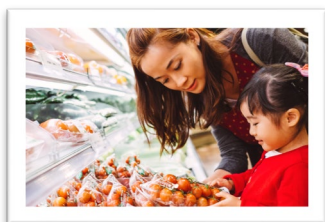
DAIRY

- Switch to low-fat or fat-free milk
- Having trouble drinking milk? Try a calcium-fortified dairy alternative
- When making a yogurt parfait, use low-fat yogurt



PROTEIN

- Choose different proteins for your morning meal (e.g., turkey meat, nuts, eggs)
- Get your protein from lean meats and beans like kidney, pinto, black, and other varieties
- Add peanut or other nut butter as a dip for apple or celery slices



EAT HEALTHY ON A BUDGET

PLAN YOUR WEEKLY MEALS

- Check what you already have in your pantry.
- Make a grocery list.
- Plan to use leftovers.

SHOP SMART

- Buy “in season” produce.
- Make half of your grains whole grains.
- Beans, peas, and lentils are great low-cost protein foods.

PREPARE HEALTHY MEALS

- Keep it simple.
- Invite your family to help.
- Use ingredients you already have.

Learn more about [Healthy Eating on a Budget | MyPlate](#).

ACTIVITIES

- [Grocery Store Bingo](#)
- [MyPlate Maze](#)

Sources: [California Department of Public Health](#) and [U.S. Department of Agriculture](#)

RECIPE CORNER

BREAKFAST FRUIT CUP

INGREDIENTS

- 2 oranges, peeled, seeded, and sliced into bite-size pieces
- 1 medium banana, peeled and sliced
- 1 tablespoon raisins
- 1/3 cup low fat vanilla yogurt
- 1/2 teaspoon ground cinnamon

PREPARATION

1. In a small bowl, combine fruit.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of low-fat yogurt over fruit in each bowl and sprinkle equal amounts of ground cinnamon before serving.

Makes 4 servings - 1/2 cup per serving.

For more healthy recipes, visit [CalFresh Healthy Living](#).

RESOURCES

For more information about food assistance, visit [Women, Infants and Children \(WIC\)](#). WIC helps families get healthy food and much more. WIC is a federally funded USDA nutrition program that is administered by the California Department of Public Health.

