

## MAKING HEALTHY BREAKFAST CHOICES

POOR BREAKFAST CHOICE	BETTER BREAKFAST CHOICE	BEST BREAKFAST CHOICE
doughnut or pastry	muffin with extra fiber	oatmeal or other hot-cooked grain cereal like Kashi® with added fruit and nuts
croissant	breakfast/protein bar	high-fiber, whole-grain cereal with milk, almond milk or soymilk, topped with fruit and nuts
pancakes	whole-grain pancakes, easy on the syrup	whole-grain pancakes topped with unsweetened applesauce and fresh fruit
white bagel	whole-grain bagel	whole-grain toast topped with avocado, peanut butter or hummus
black coffee	coffee with milk and sugar	fruit with yogurt, and coffee with milk or soymilk
sugary cereal with milk	high-fiber cereal with added fruit and nuts plus milk or soymilk	regular or egg-white omelet with added vegetables or beans