

# Breakfast

A New Look to an Old Tradition

The Most Important Meal of the Day

**JUST GOT A MAKE OVER**

Make Half Your Plate Fruits and Vegetables at Breakfast

Eating 5 to 13 servings of fruits and vegetables a day will promote good health and reduce the risk of many cancers, high blood pressure, heart disease, diabetes, stroke, and other chronic diseases.



**Fruits and Vegetables**

**Skim/Lowfat Milk or Yogurt**

**Lean Protein; Fish, Beef, Chicken, Eggs, Dried Beans & Peas, and Nuts & Seeds**

**Grains**