



# Make Breakfast Count

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Start the day with a  
healthy breakfast.



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## Eating breakfast daily has been associated with...

- Increased energy
- Healthy weight
- Enhanced mood
- Healthier overall diet
- Better heart health

People who eat breakfast are generally healthier than those who don't eat a morning meal.

## Breakfast On The Go

- **Yogurt Parfait** - Add whole grain cereal and fresh fruit to low-fat yogurt.
- **Grab and Go!** - Keep fresh fruit, whole grain cereals, granola bars and whole grain cereal bars on hand. Add a cup of low-fat or fat-free milk.
- **Veggie Bagel Bites** - Spread low-fat cream cheese on whole wheat mini bagels and top with diced veggies: peppers, carrots, cucumbers, etc.
- **Fruit Smoothies** - Combine low-fat or fat free yogurt and frozen fruit in a blender until smooth.

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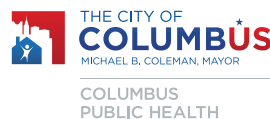
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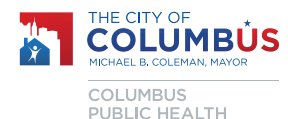
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