



# Make Breakfast Count

Get on the right track.  
Start the day with a  
healthy breakfast.



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

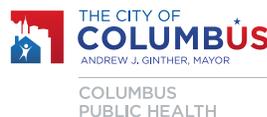
- Increased energy
- Healthy weight
- Enhanced mood
- Healthier overall diet
- Better heart health

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.

Columbus Public Health  
240 Parsons Ave, Columbus, OH 43215  
[www.publichealth.columbus.gov](http://www.publichealth.columbus.gov)



Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Division of Prevention and Health Promotion, Bureau of Healthy Ohio, Creating Healthy Communities Program. This resource was supported by Grant Number O2520014CC0615 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

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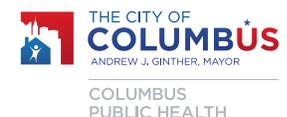
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