



# Healthy Breakfast Poster

## Contemplate Your **BREAKFAST PLATE!**

When it comes to NUTRITION, not all breakfasts are created equal! The choice is yours, so choose a SMART START!

### AT HOME

Toasted O's Cereal - 1 1/2 cups  
Banana - medium • 1% Lowfat Milk - 8 oz.



CALORIES 380	
% Daily Value	
Total Fat	9%
Total Carbohydrates	24%
Protein	28%
Vitamin A	27%
Vitamin C	34%
Calcium	46%
Iron	70%

### AT THE SCHOOL CAFETERIA

Bagel - 3 1/2" diameter • Cream Cheese - 1 oz.  
Peaches - canned, light syrup, 1/2 cup • Fat Free  
Chocolate Milk - 8 oz. • 100% Orange Juice - 4 oz.



CALORIES 564	
% Daily Value	
Total Fat	17%
Total Carbohydrates	33%
Protein	38%
Vitamin A	19%
Vitamin C	78%
Calcium	34%
Iron	23%

### AT A CONVENIENCE STORE

Powdered Sugar Mini Donuts - 3 oz. package  
Kiwi-Strawberry Fruit Drink - 5% juice, 16 oz.



CALORIES 580	
% Daily Value	
Total Fat	28%
Total Carbohydrates	34%
Protein	8%
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	4%

### AT A FAST FOOD RESTAURANT

Breakfast Sandwich - English muffin, American  
cheese slice, egg, Canadian style bacon  
100% Orange Juice - 12 oz.



CALORIES 450	
% Daily Value	
Total Fat	19%
Total Carbohydrates	22%
Protein	34%
Vitamin A	10%
Vitamin C	18%
Calcium	24%
Iron	15%

### AT THE GROCERY STORE

Tortilla Chips - nacho cheese flavor, 3 1/2 oz.  
Cola - 20 oz.



CALORIES 740	
% Daily Value	
Total Fat	38%
Total Carbohydrates	43%
Protein	14%
Vitamin A	0%
Vitamin C	0%
Calcium	14%
Iron	0%

### AT THE SCHOOL CAFETERIA

Waffles - 2, 4" diameter • Syrup - 3 Tbsp.  
Applesauce - sweetened, 1/2 cup  
Sausage Patty 1 oz. • 1% Lowfat Milk - 8 oz.



CALORIES 635	
% Daily Value	
Total Fat	22%
Total Carbohydrates	37%
Protein	40%
Vitamin A	10%
Vitamin C	8%
Calcium	45%
Iron	29%

% Daily values are based on a 2,000 calorie diet.