



Breakfast is the most important meal of the day.

Starting the day by eating a rainbow of healthy anytime foods helps keep minds and bodies strong. Try to add as many colorful fruits and vegetables as you can to your breakfast. “Anytime” foods are super foods because they keep your body healthy and strong. They are so good for you that you can eat them anytime. “Sometime” foods are usually fatty, sugary, or salty. Eat these foods once in a while.

Breakfast can also be the most affordable meal!

- * **Eat healthy leftovers for breakfast.** Breakfast doesn’t always have to be whole grain cereal with fruit and milk. Using leftovers — like turning last night’s grilled veggies into an omelet — not only adds variety to your breakfast routine, but it can also help you save time and money.
- * **Buy fruits and vegetables that are in season: they may cost less.** Find out what’s in season by asking someone working at your local market.
- * **Try low-fat powdered milk.** Its long shelf life makes it an easy, affordable option. You can use it instead of regular milk in just about any recipe, such as rich fruit smoothies.
- * **Choose low-cost sources of protein.** Dried beans, eggs, and peanut butter are healthy, inexpensive sources of protein. Try peanut butter on toast or a hard-boiled egg as part of your breakfast.



A HEALTHY START! Color the Sesame friends. Try these quick breakfast solutions at home.

- * **Fruit and Cream Cheese Sandwich**
Layer low-fat cream cheese and sliced fruit on whole-grain bread, a half bagel, or an English muffin.
- * **Breakfast Burrito**
Sprinkle shredded low-fat cheese and beans on a whole-wheat tortilla. Microwave for 20 seconds and serve with a spoonful of salsa, if desired.

