

Create a Complete Breakfast

Using different colored crayons, choose foods for 5 different healthy meals. For example: eggs, toast, jam and apple juice makes a healthy meal.

Eggs

Whole wheat Toast

Jam

Orange Juice

Whole grain Pancakes

Turkey Bacon

Peanut Butter

Banana

French Toast

Low fat Cream Cheese

Apple

Granola

Orange

Butter

Whole Grain Waffles

Granola Bar

Oatmeal

Low Fat Yogurt

Frozen Berries

Raisins

Oat O's cereal

Skim Milk

Whole Grain Bagel

Apple Juice

Puffed grain cereal

Vegetarian sausage links

Cereal bar

Yogurt smoothie

Canned Pineapple

Fortified Soy Milk



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu