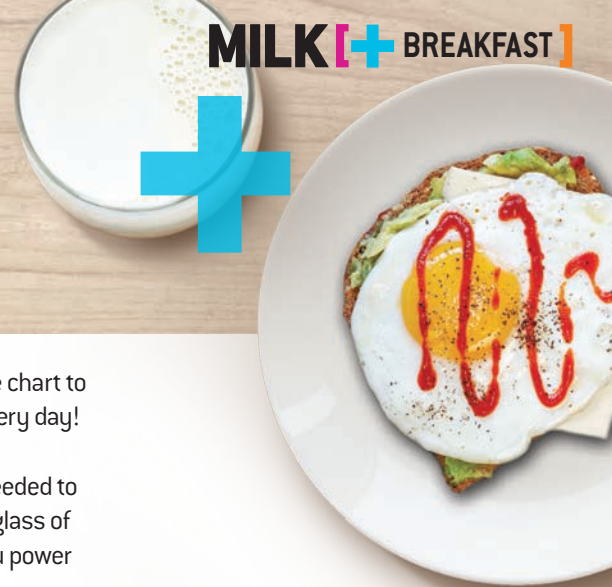


ENERGIZE YOUR MORNING



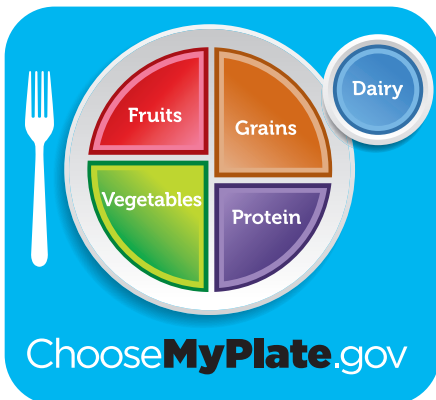
MILK **+** BREAKFAST

Build your own high-protein breakfast by choosing items from the chart below. Then use the chart to ask your parents to help you put your food plan into action for a protein-packed morning every day!

And remember, milk is a complete protein because it contains all 9 essential amino acids needed to meet your body's protein needs. Pairing your meals, especially breakfast, with an 8-ounce glass of milk (including lowfat flavored milk, like chocolate or strawberry), is a great way to help you power your potential with protein all morning long!

<p>Grains Make half your grains whole.</p>	<p>Fruits/Vegetables Choose a variety of colors to get a mix of nutrients.</p>	<p>Protein Select lean or lowfat proteins.</p>	<p>Dairy Focus on fat-free or lowfat dairy products.</p>
<p>Toast English Muffin Bagel Oatmeal Tortilla Crackers Cereal Waffle</p>	<p>Apple Banana Berries Orange Carrot Tomato Celery Spinach</p>	<p>Eggs Ham Turkey Chicken Beans</p>	<p>Milk (includes flavored, organic, and lactose-free milk) Yogurt Cottage cheese Cheese</p>

My Protein-Powered Breakfast



Kids ages 9-12 should get 5 ounces of protein a day, according to the USDA **MyPlate**. Our bodies can only use so much protein at a time, so it's a good idea to make high-quality protein part of every meal to help your body better process all of its health benefits.

Did you know that milk is a nutrient powerhouse and includes 8g of protein in every 8-oz. glass?