

MY BREAKFAST RESOLUTION

Eating a good breakfast is the best way to start every day! A breakfast that includes fruits, vegetables, whole-grain, good fats, dairy, and protein helps your body and mind get ready for school.

Let's make a new year's resolution to eat a nutritious breakfast every morning! First, think about what you can do at home to make sure you have time to eat breakfast in the mornings. For example, perhaps you can prepare the ingredients for breakfast the night before. If you eat breakfast at school, maybe you can set your alarm a few minutes earlier, so you are sure to get to school in time for breakfast. Use the lines below to write two other things that you can do to help keep your breakfast resolution:

1. _____
2. _____

Next, think about what you'd like to eat for breakfast. Use the shopping list below to create three healthy breakfast meals that include fruit, vegetables, protein, good fats, dairy, and whole grain. Write your ideas on the lines below.

Breakfast idea #1:

Breakfast idea #2:

Breakfast idea #3:

Don't those breakfast ideas sound delicious? Now, read and sign the breakfast resolution!

SHOPPING LIST

- avocados
- bananas
- berries
- cheese
- eggs
- ham
- milk
- nuts
- tomatoes
- turkey
- whole grain bread
- whole grain tortillas
- yogurt



FAMILIES:

This year, make avocados part of your breakfast routine. Fresh avocados are a heart-healthy fruit. One-third of a medium avocado contributes nearly 20 vitamins and minerals, making it a delicious nutrient-dense choice. Try this recipe from Avocados from Mexico for a breakfast you and your kids are sure to love!



GREEN WONDER AVOCADO + PISTACHIO TOAST

- 1 ripe Avocados From Mexico, gently mashed
- 2 tb honey
- 2 tb dry roasted, unsalted pistachios, shelled
- 2 slices of whole grain bread, toasted

INSTRUCTIONS

Gently mash avocado. Toast whole grain bread. Spread mashed avocado on bread and drizzle with honey. Top with pistachios and enjoy!

MY BREAKFAST RESOLUTION I pledge to eat a nutritious breakfast that includes fruit, vegetables, protein, good fats, dairy, and whole grain every day, to keep my mind and body fit and strong!

Signed, _____

