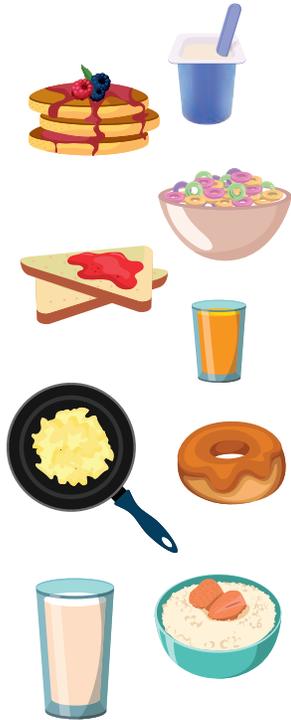


Start Healthy!

Part 1: Eating a healthy breakfast helps us start our day. Healthy food has nutrients our bodies need, including protein and calcium. Protein helps build and repair our body's tissue and muscles. Calcium helps build strong bones and teeth. Some foods have more nutrients than others. Look at the breakfast foods below. Then use the chart to answer the questions.



Breakfast Foods	Protein*	Calcium*
Pancakes, plain, one 4-inch	2 g	50 mg
Wheat flakes cereal, 1 cup	4 g	20 mg
White bread toast, 1 slice	3 g	60 mg
Oatmeal, 1 packet	3 g	100 mg
Scrambled eggs, 1 large	6 g	40 mg
Yogurt, 6 oz.	9 g	310 mg
Glazed donut, one 3-inch	1 g	10 mg
Orange juice, 4.23 fl oz. box	1 g	15 mg
2% milk, 8 oz.	8 g	290 mg

*Approximate daily nutrient values. Source: USDA nutrient database
<https://fdc.nal.usda.gov/>

1. Which foods in the chart have the highest amounts of protein and calcium? List the top three in each category:

Protein: _____

Calcium: _____

2. How much protein and calcium does your favorite breakfast food on the list have?

3. Foods made from milk are called dairy foods. Which foods on the chart are dairy foods?

4. If you drink an 8-oz. glass of 2% milk at breakfast, how much protein and calcium will you add to your breakfast?

Part 2: Think about your favorite breakfast meals. Or choose from the list at left. How could you improve the meal to start your day in a healthier way? Add a dairy product as part of your daily morning meal. Or substitute one of your food items for a dairy product.

My new breakfast idea:

Dairy Farming Fact!



Dairy farmers make sure cows start their day in a healthy way. It's important for cows to eat a healthy breakfast, too. Cows eat a variety of foods, including grass, grains, cotton seeds, citrus pulp, and corn silage (the whole plant). What do you think is the most popular food for cows? Unscramble these letters to find out!

RSAGS:



Local milk is available 365 days a year.



AMERICAN DAIRY
ASSOCIATION
NORTH EAST

