



Start the Day Right by Eating Breakfast

- After a night's sleep, we need to replenish our bodies' energy stores because 8 to 12 hours have gone by since our last meal or snack.
- A balanced breakfast provides us with the energy we need to start the day right, makes us more alert and helps us to concentrate better.
- A nutritious breakfast should contain foods from at least three of the four food groups in Canada's Food Guide. The four groups are, vegetables and fruit, grain products, milk and alternatives, and meat and alternatives.
- **Examples of nutritious breakfasts:**
 - A bowl of cereal with milk (grain products and milk and alternatives) and a glass of pure orange juice (vegetables and fruit).
 - A piece of toast (grain products), a glass of milk (milk and alternatives), and half a cup of grapes (vegetables and fruit).
 - An egg (meat and alternatives), half a bagel (grain products), and three cubes of cheese (50g) (milk and alternatives).
- **Hints for people in a hurry:**
 - Do some of the preparation the night before.
 - Set the table the night before.
 - Prepare a breakfast you can take with you: milk in a container, an english muffin, and a piece of fruit or fruit juice in a container, a whole wheat roll and some cheese.