

## **JUMPSTART YOUR DAY WITH A HEALTHY BREAKFAST**

According to the 2005 Dietary Guidelines for Americans, individuals should consume three daily servings of dairy and whole grains. Try these nutrient-packed breakfast and mid-morning treats to help meet your daily requirements and rejuvenate for the day ahead.

### **Mango Peach Smoothie**

*Blend a cup of fresh peaches, mango, low-fat milk and ice cubes to re-fuel after a workout.*

### **Breakfast Split**

*Top a small banana with a ½ cup of reduced-fat vanilla yogurt, a ½ cup of reduced-fat strawberry yogurt, and a ¼ cup of whole-grain cereal for a creamy, crunchy start to your day.*

### **Morning Mocha**

*Mix a cup of reduced-fat milk with a teaspoon of instant coffee and cocoa for a morning pick-me-up.*

### **Patriotic Parfait**

*Crumble a small bran muffin in a bowl and top with a cup of low-fat vanilla yogurt, a ½ cup of blueberries and strawberries and chopped walnuts.*

### **Benedict Bagel**

*Layer a slice of low-fat ham, swiss cheese and a poached egg on a toasted whole-wheat bagel for a protein-packed breakfast.*

### **Morning Medley**

*Start your day the smart way with a cup of oatmeal mixed with a cup of skim milk and lightly sweetened with a tablespoon of your choice of brown sugar, raisins, honey or maple syrup.*

### **Seasonal Sensations**

*Top a bowl of whole-grain cereal and milk with your favorite seasonal fruit.*

### **Eating on-the-Go**

*Stash cartons of yogurt in the office refrigerator and keep whole-grain cereal at your desk for at-work breakfasts.*

### **Muffin Mania**

*Try muffin recipes using whole-grain cereal and whole-wheat flour as key ingredients.*

### **Whole-Grain Power Mix**

*Mix whole-grain cereal, dried fruit and nuts for a handy, on-the-go trail mix. Pair with a single-serve plastic container of milk for a nutritious snack.*



3 servings of dairy a day in a reduced-calorie diet supports weight loss.



**NATIONAL DAIRY COUNCIL**