

STIR IT UP

Learn more at
healthybeginnings.com



- 1 Enjoy your favorite cereal
- 2 Delight in non-fat milk or yogurt
- 3 Savor fruit and spice toppings



Today, I learned (choose all that apply):

- ☐ It is important to eat breakfast every day.
- ☐ Fruit and spices can add new excitement to cereal.
- ☐ Nonfat and low fat dairy are nutritious and taste great.
- ☐ Breakfast is a great time to get the family together.

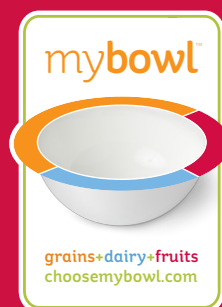
I _____
am going to make a healthy habit!
For the next three weeks (choose 1-2):

- ☐ I will eat breakfast every single day.
- ☐ I will add a variety of fruit to my cereal _____ times a week.
- ☐ I will choose nonfat / low fat dairy with my breakfast _____ times a week.
- ☐ I will get the family to sit down for breakfast together _____ times a week.

— In the —
**BOWL
& BEYOND**

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