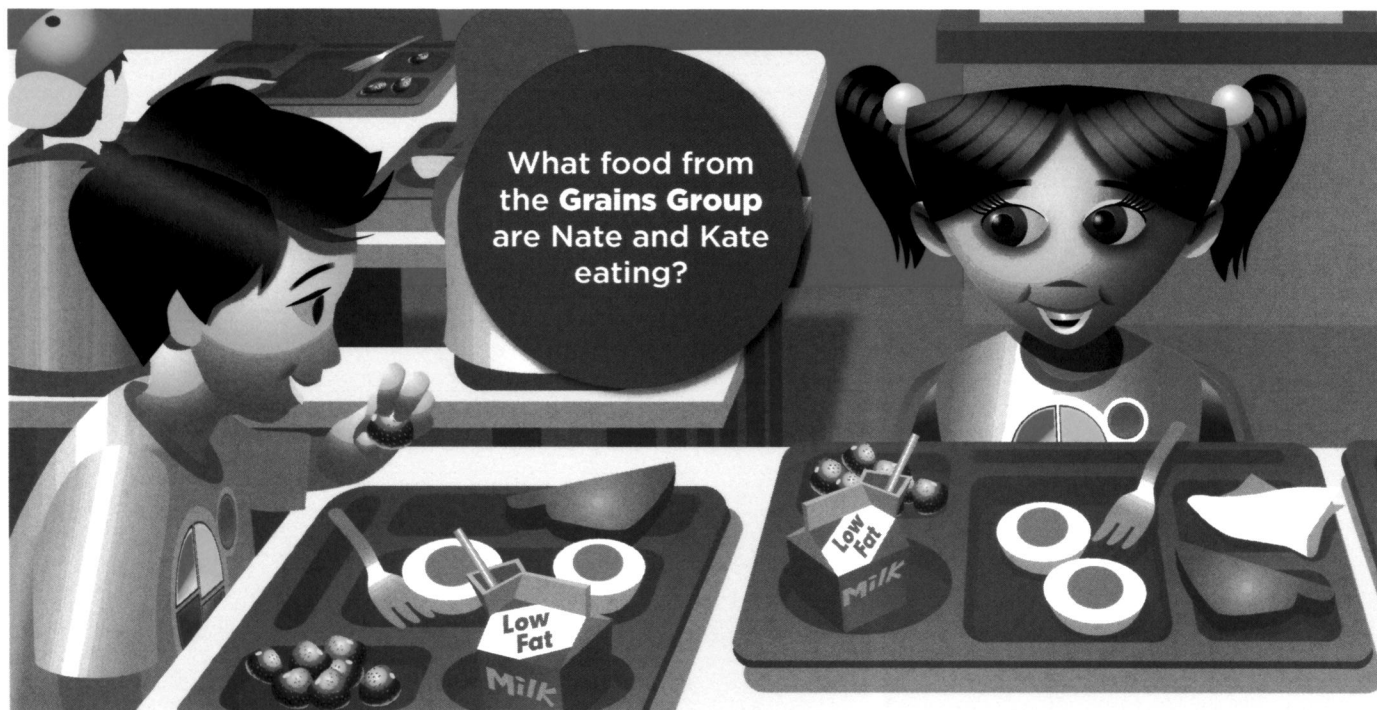




United States Department of Agriculture

# Be Your Best With Breakfast

Eating breakfast helps you have the energy you need for play and learning. Does your school serve breakfast? Check out the tasty choices. It is fun to eat breakfast with friends!



## Parents

Start every day the whole-grain way. Serve whole-grain versions of cereal, bread, tortillas, or pancakes at breakfast. Whole grains give your kids B vitamins, minerals, and fiber to help them feel full longer so they stay alert to concentrate at school.

## Check the Ingredients List:

Take a few seconds to see if the food is made from whole grains. Look for the word “whole” before the first ingredient. Some examples of whole-grain ingredients are:

**INGREDIENTS:**  
WHOLE GRAIN WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, NATURAL FLAVOR, SEA SALT, YEAST, CULTURED WHEAT FLOUR, MOLASSES, SOY LECTHIN, RAISIN JUICE, VINEGAR, ASCORBIC ACID; TOPPED WITH WHEAT BRAN.

- whole wheat
- brown rice
- oatmeal
- quinoa
- whole-grain corn
- buckwheat
- bulgur
- graham flour
- rolled oats
- whole-grain barley
- whole rye
- wild rice

