Breakfast is the fuel that gets you going! Wholesome snacks keep you going!

Pack a “sack” breakfast or snack that you can grab and GO:

Some wholesome breakfasts and snacks:

| Pick from each group for a great breakfast and snack. Add your own ideas. |
|-----------------------------|-----------------|-----------------|-----------------|-----------------|
| **Dairy**                  | **Grain**       | **Protein**     | **Fruit**       | **Vegetable**   |
| Milk                       | Whole-grain cereal hot or cold | Sunflower seeds | Apples | Carrot sticks |
| Sliced cheese              | Whole-wheat bread | Pecans, walnuts, almonds | Oranges | Celery sticks |
| Yogurt                     | Crackers or pretzels | Peanut butter | Bananas | Salsa |
| Drinkable yogurt           | Tortillas or pita bread | Hard boiled egg | Dried fruit | Broccoli florets |
| Cheese sticks              | Popcorn         | Bean dip        | Grapes | Cucumber |
MyPyramid recommends that kids have 130 to 195 discretionary (extra) calories per day. These foods are each about 150 calories:

- A handful of French fries
- Half a doughnut
- Two small cookies
- A 12-ounce can of soda

Watch out! Those extra calories add up fast. If you eat too many extra calories, you will store them as fat.

Visit our Web site: www.lsuagcenter.com

Heli J. Roy, PhD, RD, LDN
April Cintron, MS, RD
Annrose Guarino, PhD, RD, LDN
Judy Myhand, MS
Emily Whelan, MS, RD

Louisiana State University Agricultural Center, William B. Richardson, Chancellor
Louisiana Agricultural Experiment Station, David Boethel, Vice Chancellor and Director
Louisiana Cooperative Extension Service, Paul D. Coreil, Vice Chancellor and Director
Pub. 2974             (20M)            08/07

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This institution is an equal opportunity provider.

This material was funded by USDA’s Food Stamp program. The Food Stamp program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or visit www.lsuagcenter.com