

# Fuel Up at Breakfast

Choose at least  
**3 items**  
(4 for maximum fuel)

Take  $\frac{1}{2}$  cup of fruit  
and/or vegetables



Milk  
Fruit  
Grain



Protein  
Fruit  
Grain



4 items = Maximum fuel

Dairy  
Fruit  
Grain  
Protein

# Fuel Up at Breakfast

Choose at least  
**3 items**  
(4 for maximum fuel)

Take  $\frac{1}{2}$  cup of fruit  
and/or vegetables



Milk  
Fruit  
Grain



Protein  
Fruit  
Grain



4 items = Maximum fuel

Dairy  
Fruit  
Grain  
Protein

# Build a Power Fueled Breakfast

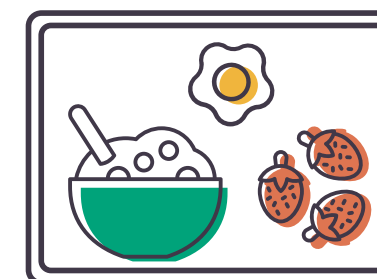


**Milk**  
**Fruit**  
**Grain**



4 items = Maximum fuel

**Dairy**  
**Fruit**  
**Grain**  
**Protein**



**Protein**  
**Fruit**  
**Grain**

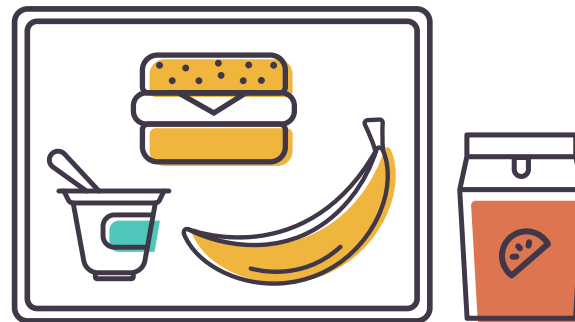
**Choose at least 3 items**  
(4 for maximum fuel)

**Take ½ cup of fruit and/or vegetables**

# Build a Power Fueled Breakfast

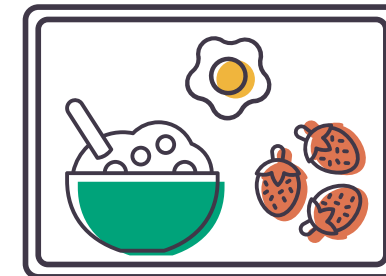


**Milk**  
**Fruit**  
**Grain**



4 items = Maximum fuel

**Dairy**  
**Fruit**  
**Grain**  
**Protein**



**Protein**  
**Fruit**  
**Grain**

**Choose at least 3 items**  
(4 for maximum fuel)

**Take ½ cup of fruit and/or vegetables**

# Construye un Desayuno Súper Poderoso

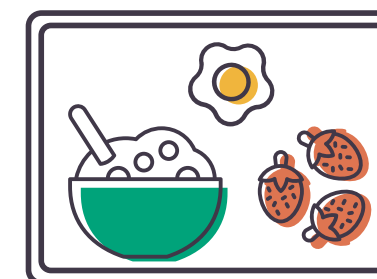


Leche  
Fruta  
Granos



4 elementos = combustible máximo

Leche  
Fruta  
Granos  
Proteína



Proteína  
Fruta  
Granos

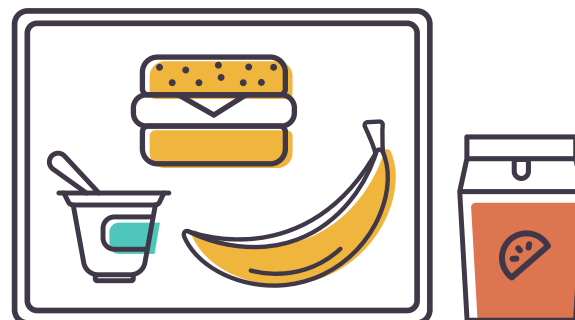
Elige al menos 3 elementos  
(4 para combustible máximo)

Toma ½ taza de frutas y/o verduras.

# Construye un Desayuno Súper Poderoso



Leche  
Fruta  
Granos



4 elementos = combustible máximo

Leche  
Fruta  
Granos  
Proteína



Proteína  
Fruta  
Granos

Elige al menos 3 elementos  
(4 para combustible máximo)

Toma ½ taza de frutas y/o verduras.