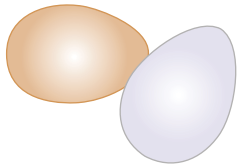
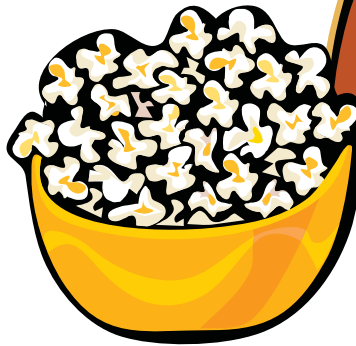
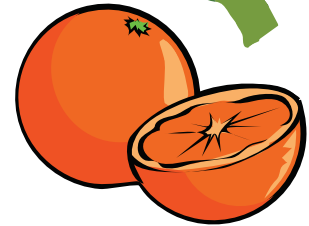


Eating On the Go

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

Some wholesome breakfasts and snacks:

Trail mix: sunflower seeds, pretzels, dried fruit.

Roll-up: wrap a cheese stick in a whole-wheat tortilla, heat it for 20 seconds in the microwave and eat it with salsa.

Ants on a log: celery sticks with peanut butter and raisins.

A favorite: graham crackers with peanut butter with milk.

Better than store bought: whole-grain crackers with cheese.

Make your own: popcorn topped with grated cheese.

Good any time: whole-grain cereal and milk.

Mix it up: yogurt with fresh fruit and cereal or nuts.

Egg-licious: slice some hard-boiled egg on a piece of toast and top with cheese. Microwave for 20 seconds.

All these go better with some fresh fruit: oranges, apples, bananas, grapes, melon, berries, pineapple, cherries. Pick your favorites.

What about fast-food restaurants?

Fast food can be really high in calories, fat and salt. French fries have lots of calories and few nutrients. Doughnuts are even worse.

The BIG size portion of french fries has a lot more calories, fat and salt.



A large portion of fries is 570 calories. Is that a better buy? No way! Eating at fast-food restaurants can lead to poor health.

Plan ahead so that you eat fewer meals on the go.

When you eat at home it's easier to get the nutrients that you need for good health.

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.

Smart Choices at a fast-food restaurant:

- Broiled chicken sandwich, baked potato, plain hamburger, salad, soup, cole slaw, baked beans.
- Don't use the whole packet of sauces or dressings. They pack a lot of calories and not very many nutrients.



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