You’ve probably heard that breakfast is the most important meal of the day. **But the clock can’t always tell you exactly WHEN it’s time for breakfast!** You might prefer to eat at home, before starting your day. Or you might like to eat when you get to work or school. Or you might not eat anything until mid-morning. Research even suggests kids learn and feel better when they eat **TWO** smaller healthy breakfasts. **What foods are part of a healthy breakfast?** Cereals, bread, waffles, and other grain products that are rich in whole grains. Lean protein like eggs, lean meat, and nuts. Low-fat dairy, including milk and yogurt. And, of course, all fruits and veggies!

**EAT BETTER. PLAY HARDER.**
**LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**
A wellness resource brought to you by the Clinton County Health Department and School T.A.B.L.E.