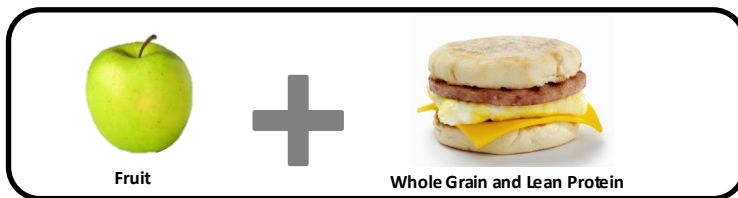


# Build A Breakfast

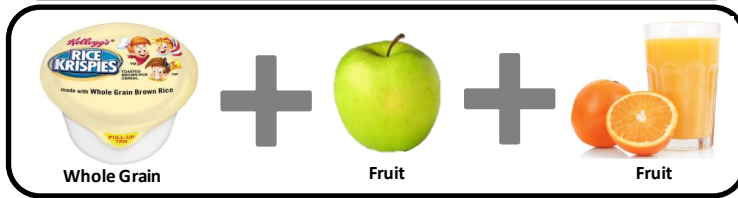
Take at least 3 food items to create a breakfast

- Select a 1/2 cup of Fruit or Vegetable (or both)
- Pick a second serving of fruit or some other foods like: Whole Grains, Lean Protein, or a serving of Milk
- Take a minimum of 3 food items

## MEAL EXAMPLES



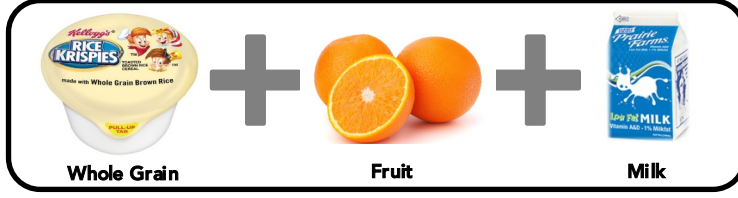
= MEAL



= MEAL



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= MEAL



= NOT A MEAL

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