

Instruct local printer to print cards
back to back on 8.5 x 11 80# card stock
then cut at crop marks.



Start Every Day **RIGHT**

A healthy breakfast...

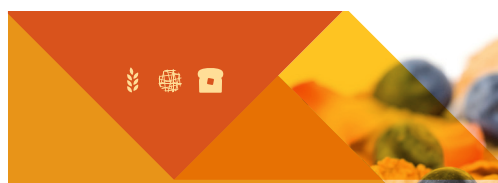
- Provides energy and improves performance
- Contains important vitamins, minerals & nutrients

Healthy breakfast ideas...

- Whole grain cereal or oatmeal
- Low fat breakfast sandwiches
- Fruit and low fat yogurt
- An egg white omelet, whole grain toast and orange juice



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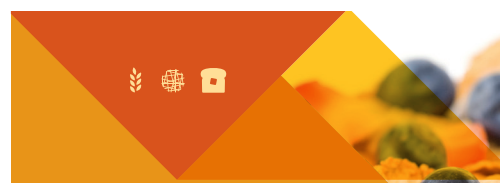
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Did you know?

As part of a healthy diet, eating a good breakfast every day can give you more ENERGY, help you maintain a HEALTHY WEIGHT and help you PERFORM BETTER at school or work!

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.

healthy
for **LIFE**™

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