



# Family Breakfast Planner



Adventures in learning, created by Canadian dietitians



Eat well with **Canada's Food Guide** by enjoying a variety of foods from each food group.

Balance your breakfast by choosing nutritious foods from at least 3 food groups each day.

Have fun planning your weekly breakfast menus together!



	Breakfast Menu Ideas	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

**Did you know?** Young children have small appetites and need calories for healthy growth and development. Do not restrict nutritious foods such as cheese or peanut butter because of their fat content. Choosing a healthy variety of nutritious foods helps children grow and thrive.



Learn more about making healthy food choices at [www.missionnutrition.ca](http://www.missionnutrition.ca) and [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

MISSION NUTRITION® is brought to you by the Registered Dietitians at Kellogg Canada Inc. MISSION NUTRITION® materials may be duplicated in whole without permission for educational purposes only. © 2008, Trademark of Kellogg Company used under licence by Kellogg Canada Inc.

