



Adventures in learning, created by Canadian dietitians



Sample Family Breakfast Planner



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	Cereal with sliced banana and milk	Banana, sliced	A bowl of whole grain or high fibre cereal	1 glass of lower fat milk	
Tuesday	Tomato, cheese and turkey sandwich on a bagel with orange juice	Tomato, sliced and a glass of 100% orange juice	1 multi-grain bagel, toasted	2 slices of lower fat cheese	1 slice of roast turkey
Wednesday	Toaster waffles with fruit cup and hot chocolate milk	Fruit cup in juice	2 whole grain toaster waffles	Cup of hot or cold lower fat chocolate milk	
Thursday	To-go breakfast - cereal bar, juice box and yogurt	100% fruit juice box	A whole grain or high fibre cereal bar	A lower-fat yogurt cup	
Friday	Frozen banana berry smoothie and raisin toast with peanut butter	Frozen banana, sliced and berries for smoothie	1 slice whole grain raisin toast	1 glass of lower fat milk to mix with fruit to make smoothie	Peanut butter
Saturday	Pancakes with fresh fruit kebabs and milk	Fresh fruit kebabs	Pancakes	1 glass of lower fat milk	
Sunday	Cheesy scrambled egg wraps with veggies and salsa	Peppers and onion, diced and sautéed, and salsa for topping	Whole wheat tortilla wraps	Cheese, lower fat shredded (1/8 to 1/4 cup per wrap)	2 eggs scrambled with veggies and cheese for each wrap

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 and www.healthcanada.gc.ca/foodguide

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