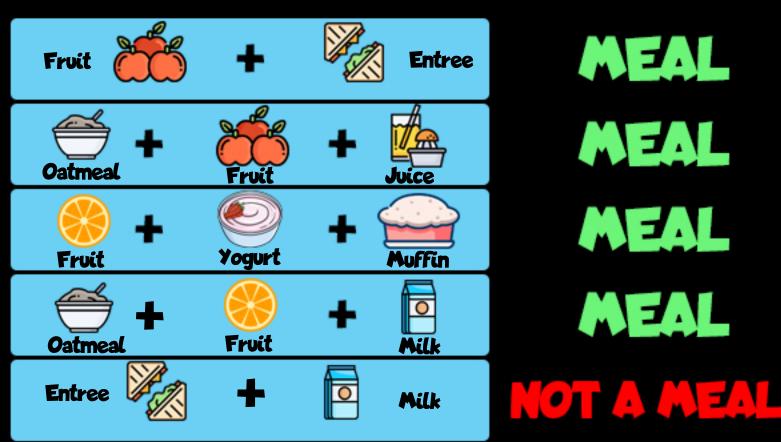


## Take at least 3 food items to create a breakfast:

- Select a 1/2 cup of Fruit or Vegetables
- Pick a second serving of fruit or other foods like:
  Whole Grains, Lean Protein or a serving of Milk
- Choose a minimum of 3 food items
- Entrees count as 2 food items



Meals must contain a fruit/vegetable to count as a meal