

# Contemplate Your **BREAKFAST PLATE!**

When it comes to **NUTRITION**, not all breakfasts are created equal! The choice is yours, so choose a **SMART START!**

## AT HOME

Toasted O's Cereal - 1 1/2 cups • Banana - medium  
1% Lowfat Milk - 8 oz.

**CALORIES 380**  
**% Daily Value**

Total Fat	█	9%
Total Carbohydrates	█	24%
Protein	█	28%
Vitamin A	█	27%
Vitamin C	█	34%
Calcium	█	46%
Iron	█	70%

**Total Price = \$1.02**



## AT THE SCHOOL CAFETERIA

Bagel - 3 1/2" diameter • Cream Cheese - 1 oz.  
Peaches - canned, light syrup, 1/2 cup • Fat Free  
Chocolate Milk - 8 oz. • 100% Orange Juice - 4 oz.

**CALORIES 564**  
**% Daily Value**

Total Fat	█	17%
Total Carbohydrates	█	33%
Protein	█	38%
Vitamin A	█	19%
Vitamin C	█	78%
Calcium	█	34%
Iron	█	23%

**Total Price = \$ 1.50**



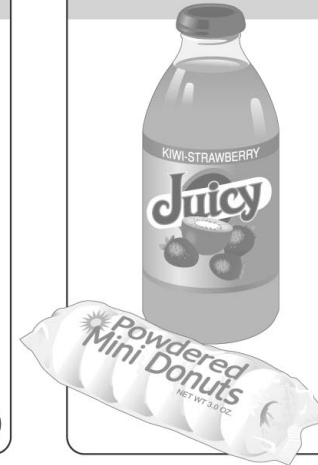
## AT A CONVENIENCE STORE

Powdered Sugar Mini Donuts - 3 oz. package  
Kiwi-Strawberry Fruit Drink - 5% juice, 16 oz.

**CALORIES 580**  
**% Daily Value**

Total Fat	█	28%
Total Carbohydrates	█	34%
Protein	█	8%
Vitamin A	█	0%
Vitamin C	█	0%
Calcium	█	4%
Iron	█	4%

**Total Price = \$2.51**



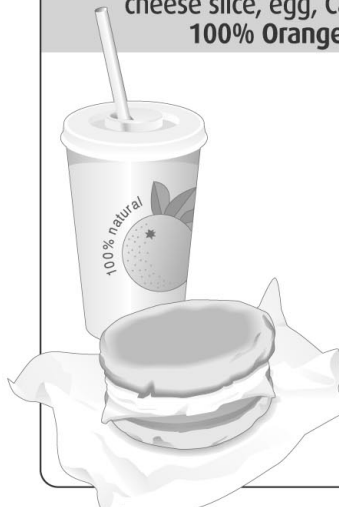
## AT A FAST FOOD RESTAURANT

Breakfast Sandwich - English muffin, American  
cheese slice, egg, Canadian style bacon  
100% Orange Juice - 12 oz.

**CALORIES 450**  
**% Daily Value**

Total Fat	█	19%
Total Carbohydrates	█	22%
Protein	█	34%
Vitamin A	█	10%
Vitamin C	█	182%
Calcium	█	24%
Iron	█	15%

**Total Price = \$4.10**



## AT THE GROCERY STORE

Tortilla Chips - nacho cheese flavor, 3 1/2 oz.  
Cola - 20 oz.

**CALORIES 740**  
**% Daily Value**

Total Fat	█	38%
Total Carbohydrates	█	43%
Protein	█	14%
Vitamin A	█	0%
Vitamin C	█	0%
Calcium	█	14%
Iron	█	0%

**Total Price = \$2.38**



## AT THE SCHOOL CAFETERIA

Waffles - 2, 4" diameter • Syrup - 3 Tbsp.  
Applesauce - sweetened, 1/2 cup • Sausage Patty - 1 oz.  
1% Lowfat Milk - 8 oz.

**CALORIES 635**  
**% Daily Value**

Total Fat	█	22%
Total Carbohydrates	█	37%
Protein	█	40%
Vitamin A	█	10%
Vitamin C	█	8%
Calcium	█	45%
Iron	█	29%

**Total Price = \$ 1.50**

