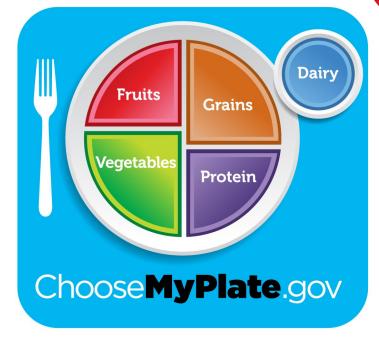
Eat Smart at breakfast by choosing 3 or 4 different items. You must select at least one fruit or

Grains

Protein

Fruits



vegetable.

Vegetables

