



***Fast Food Biscuit with
Sausage and Egg***

740 kcal

***Oat Cereal with
Low Fat Milk; Banana***

225 kcal

Oat Cereal with Low Fat Milk; Banana

Serving Size: 1 cup
unsweetened cereal,
 $\frac{1}{2}$ medium banana, $\frac{1}{2}$ cup
low fat milk

225 kcal
3 g fat
($\frac{1}{2}$ fat pat)

Fast Food Biscuit with Sausage and Egg

Serving Size: 1 biscuit,
1 sausage, 1 egg

740 kcal
55 g fat
(14 fat pats)

Presentation Pointers:

- Cereal breakfast at home will be much less expensive than buying something that may have less nutritional value.
- Most cereals are fortified with vitamins and minerals. This is a good way to make sure you are giving your body all the nutrients it needs.
- Try to avoid heavily sweetened cereals or cereals that look like dessert. A good choice is a cereal that has less than 6 g sugar per serving.
- Healthy homemade sausage and eggs can be made with whole wheat bread, chicken sausage, and 2% milk cheese or lite cheese.