



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

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**740 kcal**

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

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**225 kcal**

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

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

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

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

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**Serving Size:** 1 biscuit,  
1 sausage, 1 egg

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**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.