Breakfast CLUB of Canada ™

Create your breakfast

Make sure to include one food item from each of the following three categories on your plate:

- **Fruits and vegetables**
- **Protein foods**
- **Whole-grain foods**



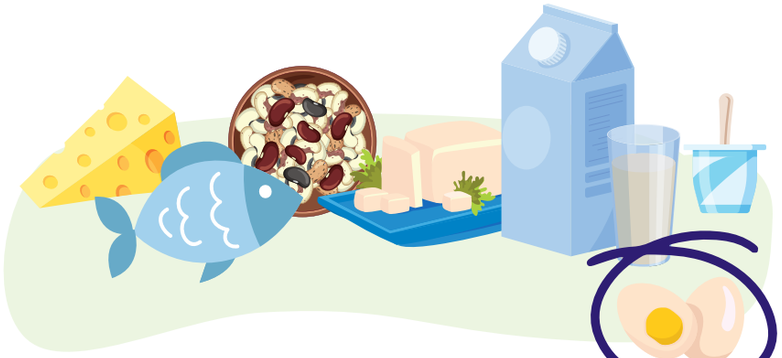
FRUITS AND VEGETABLES

They are packed with **vitamins and minerals** essential to your health, as well as **fibre** that provides a feeling of **fullness**, helping you **keep your energy up throughout the day**.



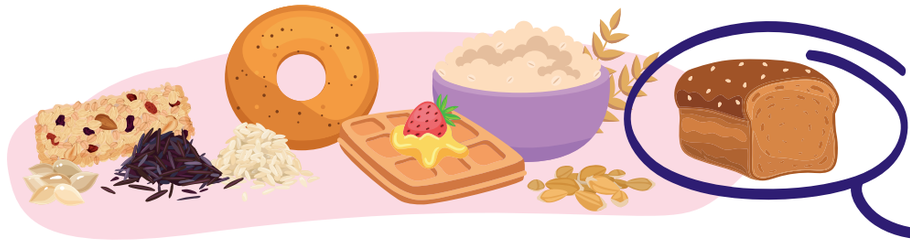
PROTEIN FOODS

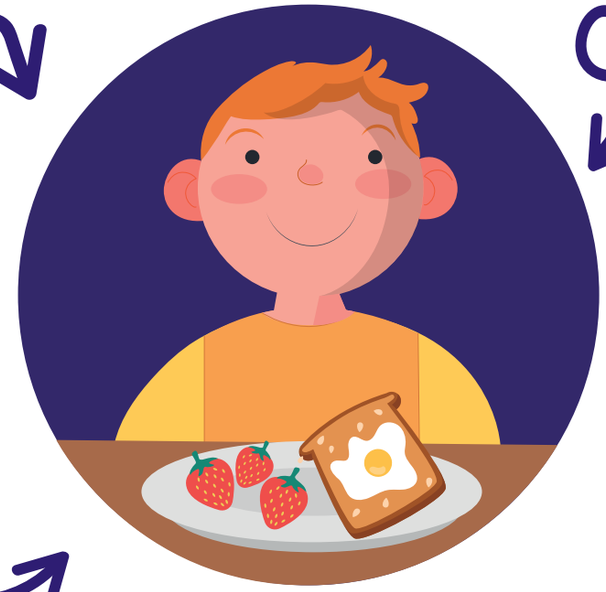
They are **essential for growth** because they provide **proteins used to build and repair your body's tissues**. They also help you **feel full**.



WHOLE-GRAIN FOODS

They provide **carbohydrates** that give you **energy to start your day strong** and help you stay focused. They also offer **fibre**, which makes you **feel full** and helps you **maintain your energy longer**.





Create your breakfast

Protein food + Whole-grain food + Fruits and vegetables = Complete Breakfast

Milk + Whole-grain cereals + Blueberries and raspberries =



Eggs + English muffin + Spinach =



Soy nut butter + Whole-grain bread + Grapes =



Cheese + Granola bar + Kiwi =

