

# MISSING



Don't forget to print  
Page 2 on the back!

## Did you see this meal today?

Almost 1 in 4 American adults skip breakfast every day.

### BUT WHY?

Most breakfast foods are high in vitamins and nutrients, and are low in saturated fat. Research even shows that eating breakfast can help protect kids and adults from unwanted weight gain. In fact, according to the USDA, breakfast skippers are 26% more likely to be overweight than breakfast eaters.

Did you see breakfast this morning?

## PLEASE TAKE ONE

- .....**WAKE-UP SMOOTHIE**.....
- 1<sup>1</sup>/<sub>4</sub> cups orange juice • 1/2 cup low-fat tofu or yogurt
- 1<sup>1</sup>/<sub>4</sub> cups frozen berries
- 1 banana
- Combine in a blender and enjoy breakfast!
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