

Health Tip of the Month

Power Up For a Healthy Start

March is National Nutrition Month. Join in on the celebration by getting a healthy start at breakfast. A well-balanced breakfast every day provides energy to help you mentally and physically. So power up and get a healthy start!

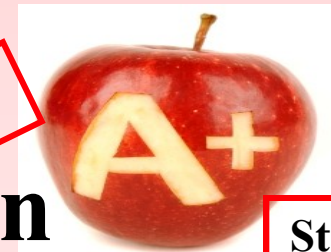


Get the morning nutrition you need with quick breakfasts:

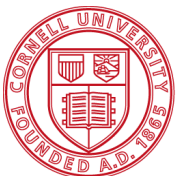
- Low-fat yogurt layered with crunchy cereal and fruits
- Smoothie with low-fat milk, frozen strawberries and a banana
- Whole-wheat pita stuffed with a sliced, hard-boiled egg and low fat cheese or lean ham
- Multigrain pancakes or waffles topped with banana slices

Breakfast

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Start



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