Start Your Day with a Healthy Breakfast

Eating breakfast can help you stay lean, and give you the energy to get through your morning. Here are some quick and easy combos to try:

- **Sliced apple** with cheddar and walnuts
- **Waffles** with peanut butter and raisins
- **Smoothie** with strawberries, banana, ice, and yogurt
- **Toast** with cottage cheese and tomatoes
- **Yogurt** with berries and granola

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