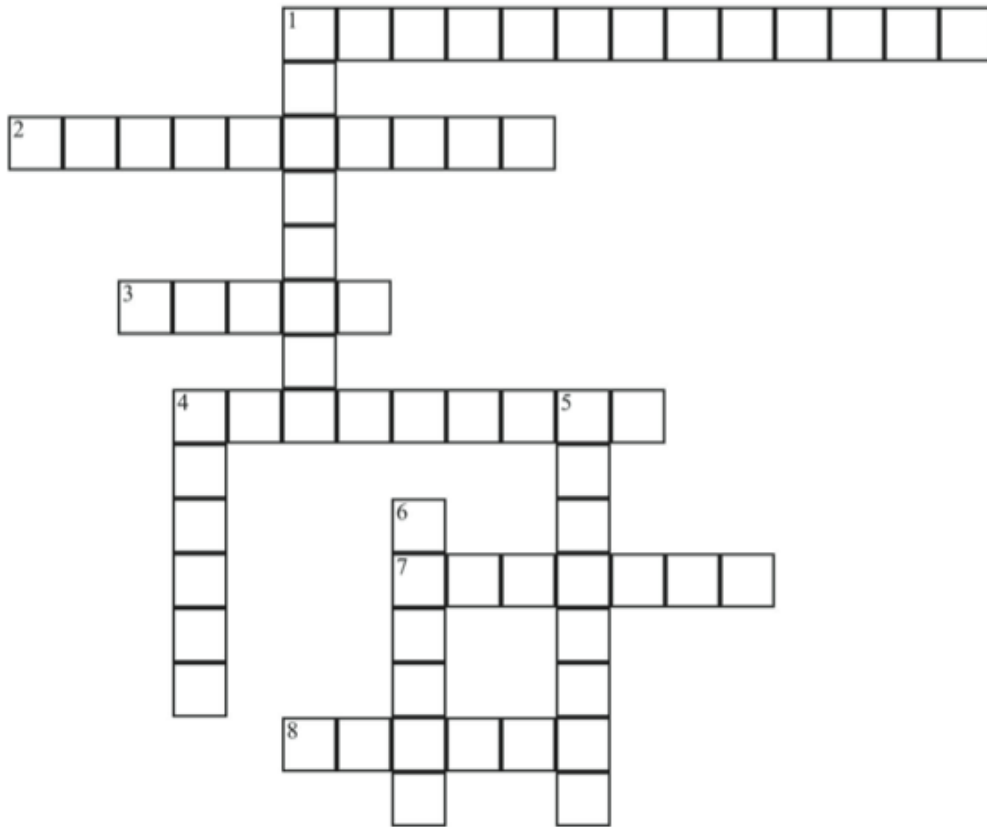


Breakfast Puzzle!



Across:

1. This low-calorie breakfast bread is a great option when you're grabbing a meal on the go. Hint: Think muffins.
2. A ____ food is a food that includes the entire grain kernel. It has more fiber and nutrients than a refined grain food.
3. This MyPlate food group includes oranges, grapefruits, bananas, and berries.
4. This is the title of your first meal of the day.
7. The name of this warm, heart-healthy, cooked grain cereal begins with the letter "o."
8. Choose whole grain versions of this grain food for breakfast.

Down:

1. This is the fat-free part of the egg.
4. This thick-skinned, yellow fruit is great to eat on the go. It even comes with its own wrapper.
5. Fat-free milk is also known as ____.
6. This dairy food is great for a quick breakfast on the go.