

Fruit-a-licious Breakfast Cup

1

Start with yogurt



Spoon yogurt into your cup.

2

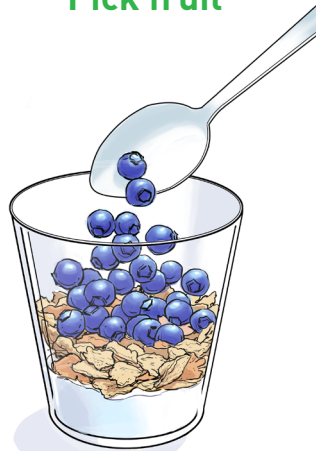
Add some crunch



Spoon cereal on top of the yogurt.

3

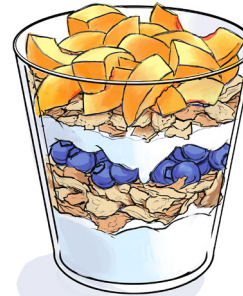
Pick fruit



Add some fruit on top of the cereal.

4

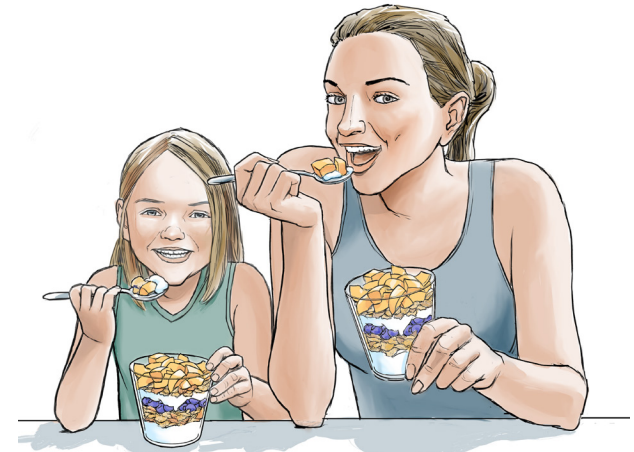
Make a pattern



Add more yogurt, then cereal, then fruit.

5

Enjoy

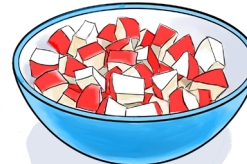


Lowfat yogurt and cereal

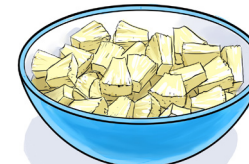
Ingredients

Choose Fruits

apple



pineapple



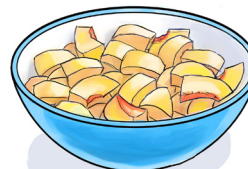
banana



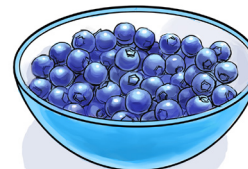
raisins



peaches



blueberries



Taza de desayuno fruti-licioso

1

Comienza con yogur



Vierte el yogur en tu taza.

2

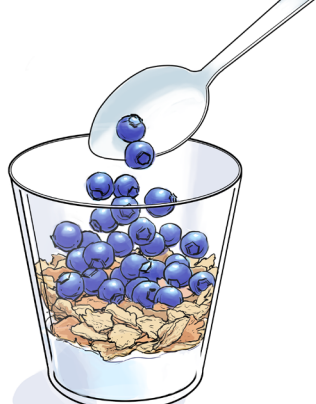
Añade algo crocante



Coloca cereal sobre el yogur.

3

Elije una fruta



Añade algunas frutas sobre el cereal.

4

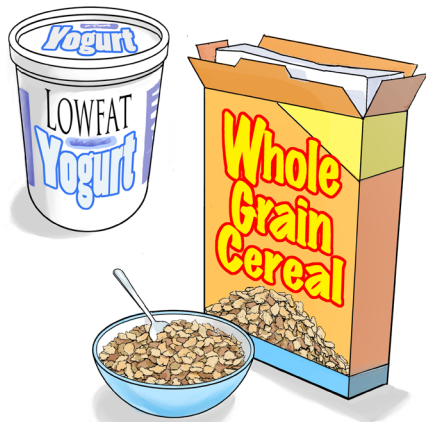
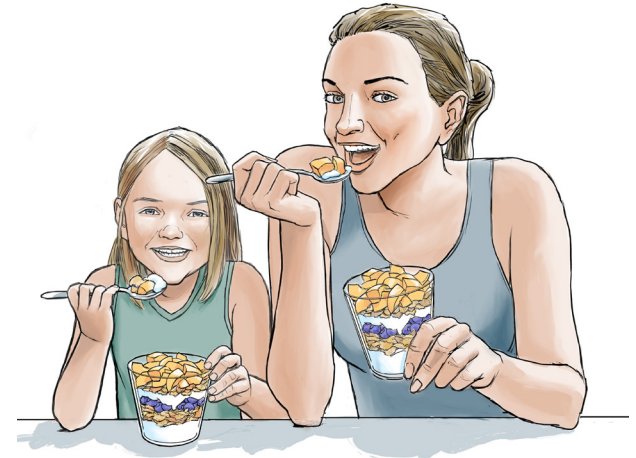
Diseña un patrón



Añade más yogur, más cereal y más fruta.

5

Difruta

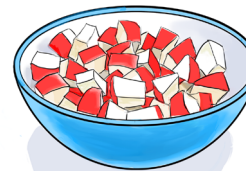


Yogur bajo en grasa y cereal

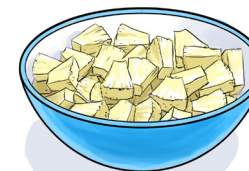
Ingredientes

Elije frutas

manzana



piña



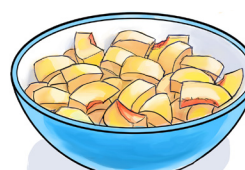
banano



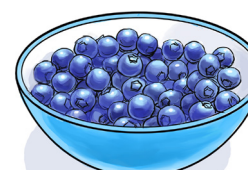
pasas



melocotones



arándanos



WEST VIRGINIA
Department of
Health & Human Resources
BUREAU FOR PUBLIC HEALTH