

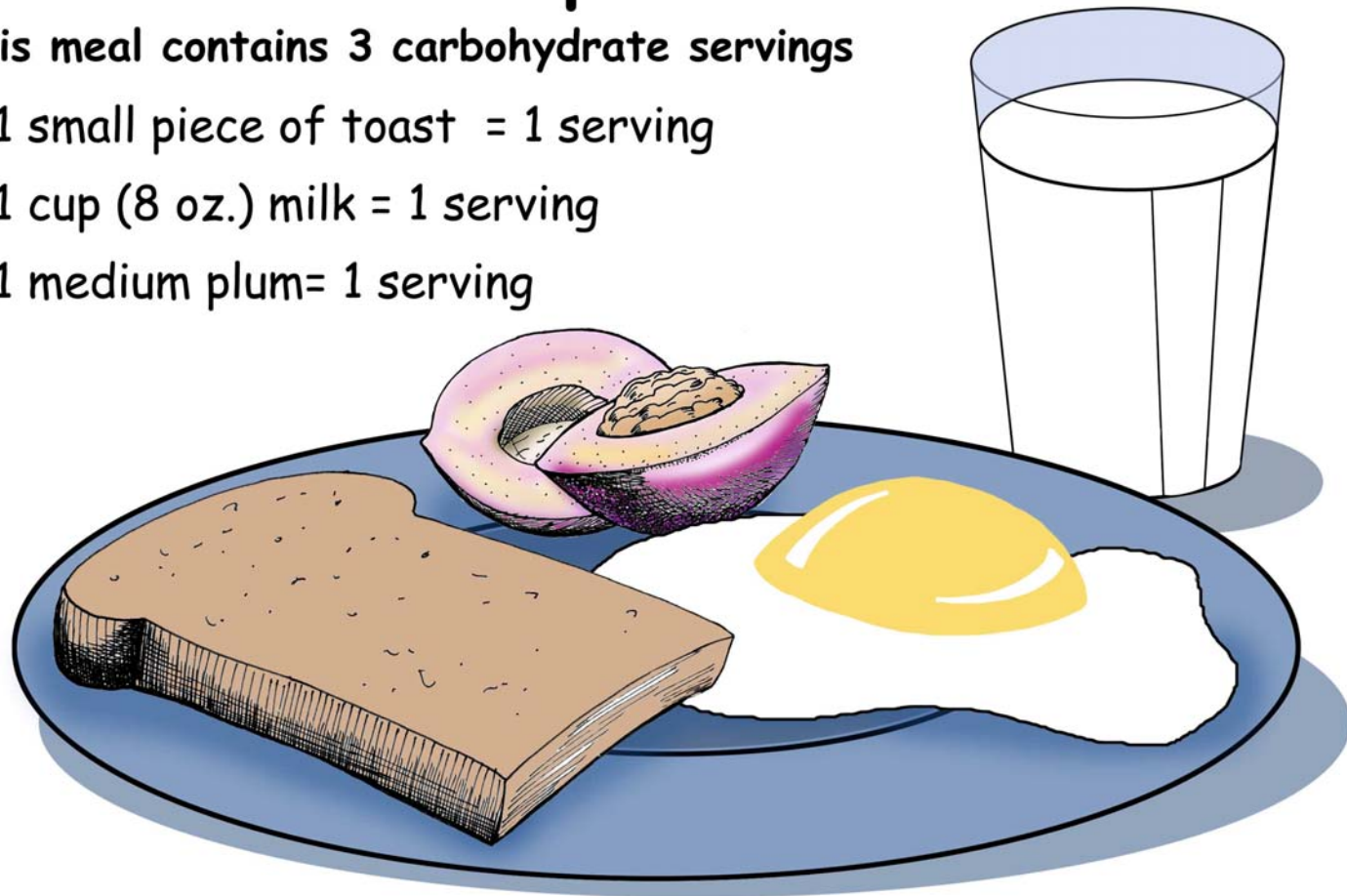
Breakfast Option #2

This meal contains 3 carbohydrate servings

1 small piece of toast = 1 serving

1 cup (8 oz.) milk = 1 serving

1 medium plum = 1 serving



This material, including artwork, was developed with support from the Department of Foods and Nutrition at The University of Georgia, the Northeast Georgia Area Agency on Aging and the USDA Food Stamp Nutrition Education Program. Permission is granted to reproduce, translate, abstract, review or quote these materials in whole or in part for educational purposes only (not for profit beyond the cost of reproduction) provided that the author(s) and The University of Georgia receive acknowledgement as shown in this example notice: *Reprinted with permission from The University of Georgia, Department of Foods and Nutrition, Athens, GA. Authors, Title, Date.*