



# Make a Healthy Farm Breakfast

Plan breakfast using  and foods that can come from Maryland farms.



Maryland farmers help to produce many foods that we eat for breakfast each day. Use the table below to plan a healthy farm breakfast. **Circle one food choice from each MyPlate food group** to include in your breakfast. **Draw a picture of your healthy breakfast on the back of this paper.** Visit [myplate.gov](http://myplate.gov) to learn more about making healthy food choices.

Food Choices	MyPlate Food Group	Information from <a href="http://myplate.gov">myplate.gov</a>	Maryland Ag Connections
Cereal Bread Waffle Pancake Tortilla	 Grains	The <b>Grains Group</b> includes any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain.  To learn more, click <a href="#">here</a> .  <a href="https://www.myplate.gov/eat-healthy/grains">https://www.myplate.gov/eat-healthy/grains</a>	In 2020, corn was grown on 455,000 acres of Maryland farmland and wheat was grown on 150,000 acres.    <i>Note: One acre is about the size of a football field.</i>
Milk Yogurt Cheese	 Dairy	The <b>Dairy Group</b> includes milk and products that are made from milk.  To learn more, click <a href="#">here</a> .  <a href="https://www.myplate.gov/eat-healthy/dairy">https://www.myplate.gov/eat-healthy/dairy</a>	 In 2019, there were over 43,000 dairy cows living on 350 dairy farms in Maryland.
Eggs Bacon Sausage Beans	 Protein Foods	The <b>Protein Group</b> includes seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products.  To learn more, click <a href="#">here</a> .  <a href="https://www.myplate.gov/eat-healthy/protein-foods">https://www.myplate.gov/eat-healthy/protein-foods</a>	In 2018, Maryland farms housed over 2 million layer-chickens, producing over 792 million eggs.  In 2019, over 20,000 hogs were raised in Maryland. 
Apple Grapes Berries Melon Fruit Juice	 Fruits	The <b>Fruit Group</b> includes any fruit or 100% fruit juice. Fruits can be fresh, canned, frozen, or dried.  To learn more, click <a href="#">here</a> .  <a href="https://www.myplate.gov/eat-healthy/fruits">https://www.myplate.gov/eat-healthy/fruits</a>	In 2017, Maryland orchards covered 4,183 acres. Apples and grapes were the most productive crops.  
Corn Tomato Broccoli Potato	 Vegetables	The <b>Vegetable Group</b> includes any vegetable or 100% vegetable juice, and can be fresh, canned, frozen, or dried.  To learn more click <a href="#">here</a> .  <a href="https://www.myplate.gov/eat-healthy/vegetables">https://www.myplate.gov/eat-healthy/vegetables</a>	In 2017, vegetables were grown on 29,329 acres of Maryland farmland, with corn as the number one crop.    Need ideas for breakfast veggies? Click <a href="#">here</a> . 

