



A Nutrition Resource



BREAKFAST SPLITS

Yield: 1 Serving | Serving Size: 1 breakfast split

Cost/Serving: \$1.73

Ingredients:

- 1 small banana
- 1/2 cup low-fat yogurt
- 1/4 cup granola or flake-style cereal
- 1 cup sliced or chopped fresh fruit (kiwi, orange, apple, etc.)

Directions:

- 1) Cut banana in half lengthwise, place in shallow bowl.
- 2) Top with yogurt, cereal, and fruit.

This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the Spend Smart. Eat smart. website.

<https://spendsmart.extension.iastate.edu/>

Nutrition Facts

1 servings per container
Serving size 1 breakfast split (325g)

Amount per serving	
Calories 350	
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 58g	21%
Dietary Fiber 5g	18%
Total Sugars 34g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 252mg	20%
Iron 2mg	10%
Potassium 697mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the Spend Smart. Eat smart. website.

<https://spendsmart.extension.iastate.edu/>

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA STATE UNIVERSITY

EXTENSION