

# TIP OF THE WEEK



## Start Your Day with a Healthy Breakfast

*Eating breakfast can help you stay lean, and give you the energy to get through your morning. Here are some quick and easy combos to try:*

**Sliced apple** with cheddar and walnuts

**Waffles** with peanut butter and raisins

**Smoothie** with strawberries, banana, ice, and yogurt

**Toast** with cottage cheese and tomatoes

**Yogurt** with berries and granola

  
**LivingWell**  
make it a priority  
THE UNIVERSITY of TEXAS SYSTEM