There are many ways to start the day, but belVita Breakfast Biscuits provide a specific benefit – 4 hours of nutritious steady energy – making it a convenient and nutritious choice for busy mornings as part of a balanced breakfast.

The Science Behind 4 Hours of Nutritious Steady Energy

Slow-release carbs (carbohydrates) are key to the belVita steady energy benefit.

Slow-release carbs in belVita:

- Are a quality carb
- Break down gradually during digestion, resulting in a steady release of glucose into the body over 4 hours
- Are backed by a decade of research

To preserve slow-release carbs, belVita Breakfast Biscuits are made with care, starting with grain selection and ending with a gentle bake.

The Nutrition of belVita Breakfast Biscuits

belVita is a nutritious breakfast option that delivers:

- 14-20g of whole grains per serving
- 3-4g of fiber per serving (contains 7-9g total fat per serving)
- Good source of B-vitamins and iron
- No high fructose corn syrup, partially hydrogenated oils, artificial sweeteners or artificial flavors
- An individually portioned pack

See how belVita relates to the dietary guidelines and can fit into a nutritious eating pattern. (page 2)

It’s nutritious, steady morning energy. It’s portable and convenient. It’s belVita Breakfast Biscuits.

CHECK OUT THE VIDEO AND INFOGRAPHIC ABOUT SLOW-RELEASE CARBS IN THE BELVITA ONLINE TOOLKIT!®
Make It A belVita Morning!
This Sample Menu Meets Dietary Guidelines and MyPlate Checklist

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Nutrition Information for One-Day Menu
Calculated using USDA SuperTracker: 1,983 calories, 64g total fat (29% of calories), 14.5g saturated fat (7% of calories), 28g monounsaturated fat, 16g polyunsaturated fat, 137mg cholesterol (52% DV), 2,290mg sodium, 253g carbohydrates (51% of calories), 36g dietary fiber (144% DV), 117g total sugars (7% calories from added sugars), 113g protein (23% of calories), 113% DV vitamin A, 328% DV vitamin C, 138% DV calcium, 78% DV iron.

* 2015-2020 Dietary Guidelines for Americans recommend whole grains target ≥48g per day, and limits for added sugars <10% calories, saturated fat <10% calories, and sodium <2,300mg per day.
** cooked without salt or fat

belVita Breakfast
1 pack belVita Breakfast Biscuits, Cinnamon Brown Sugar (4 biscuits)
1 6-oz container nonfat vanilla Greek yogurt
1 medium orange, peeled and sliced

Lunch
1 turkey and Swiss sandwich on 100% whole wheat bread with lettuce, tomato, avocado and light mayonnaise
1 cup baby carrots
1 kiwi fruit
1 cup low-fat (1%) milk

Afternoon Snack
6 TRISCUIT crackers topped with 2 Tbsp hummus

Dinner
4 oz baked salmon topped with mango-tomato salsa
1 cup summer squash**
½ cup fresh mushrooms**
½ cup quinoa topped with ½ oz dry roasted sliced almonds
1 cup tea, unsweetened
½ cup canned fruit cocktail, unsweetened

Evening Snack
2 HONEY MAID graham crackers (4 squares)
1 cup low-fat (1%) milk

NUTRITIOUS EATING CHECKLIST
✓ Meets Food Group targets
✓ Meets Whole Grains target*
✓ Meets Added Sugars limit*
✓ Meets Saturated Fat limit*
✓ Meets Sodium limit*
✓ Meets ≥75% DV vitamins and minerals

BECAUSE WE CAN ALL USE STEADY MORNING ENERGY!