

# Make It A belVita Morning!



There are many ways to start the day, but belVita Breakfast Biscuits provide steady morning energy - making it a delicious and convenient choice for busy mornings as part of a balanced breakfast.

## The Science Behind Steady Morning 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 all morning
- Are backed by a decade of research<sup>1</sup>

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

## Facts About belVita Breakfast Biscuits

belVita is a breakfast option that delivers:

- 14-20g of whole grains per serving
- 2-4g of fiber per serving (contains 7-9g total fat per serving)
- Good source of B-vitamins and iron
- No high fructose corn syrup, artificial colors or artificial flavors
- An individually portioned pack

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

It's 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!<sup>2</sup> >**



<sup>1</sup> For more on the science behind slow-release carbs, visit [slowreleasecarbs.com](http://slowreleasecarbs.com)

<sup>2</sup> Visit the belVita Toolkit for Professionals at [belVitaNutrition.com](http://belVitaNutrition.com)

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## This Sample Menu Meets Dietary Guidelines and MyPlate Checklist

**BECAUSE WE CAN ALL USE STEADY MORNING ENERGY!**



### 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



### Evening Snack

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



### 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



### 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



### Afternoon Snack

- 6 TRISCUIT crackers topped with 2 Tbsp hummus

## DAILY 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

### 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, 157mg 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.

\* 2020-2025 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