

My belVita Morning



MIX 'N' MATCH YOUR WAY TO A BALANCED ON-THE-GO BREAKFAST

Start the day your way: Pick one serving from each grouping for a balanced breakfast and fuel your morning with belVita Breakfast Biscuits.

1. Begin with belVita Breakfast Biscuits

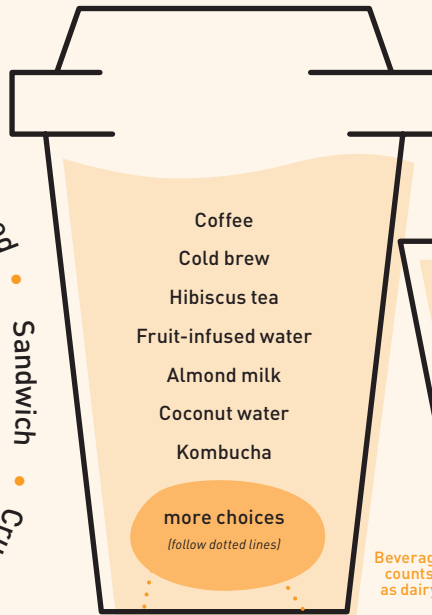
2. Pair with your favorite beverage

3. Add a low-fat dairy

4. Pick a fruit



One serving of belVita Breakfast Biscuits is one individually portioned pack (50g)

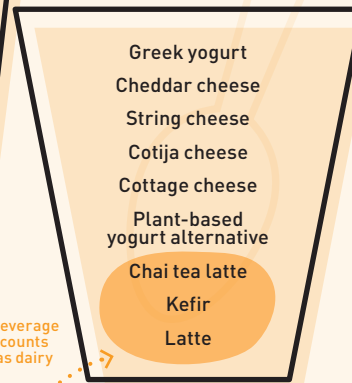


Coffee
Cold brew
Hibiscus tea
Fruit-infused water
Almond milk
Coconut water
Kombucha

more choices
(follow dotted lines)

Beverage counts as fruit

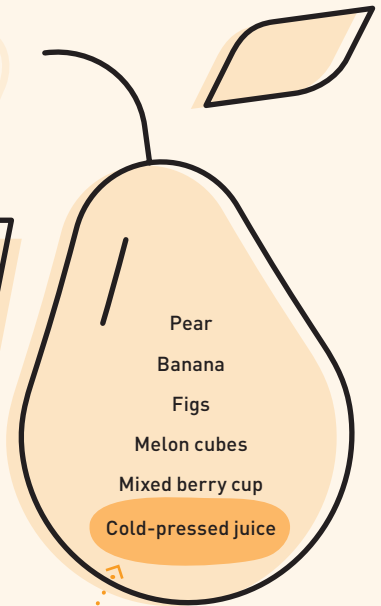
Beverage counts as dairy



Greek yogurt
Cheddar cheese
String cheese
Cotija cheese
Cottage cheese
Plant-based yogurt alternative

Chai tea latte
Kefir
Latte

One serving low-fat dairy is 8oz non-fat milk, 1 individual carton low-fat yogurt or 1 1/2 oz reduced fat cheese.



Pear
Banana
Figs
Melon cubes
Mixed berry cup
Cold-pressed juice

One fruit serving is 1 piece or 1/2 c fresh fruit or 4 oz juice

Have a few minutes to take a spin?
Blend up an all-in-one-breakfast beverage.

belVita Breakfast Biscuit Smoothie
1 pack (4 biscuits) belVita Breakfast Biscuits
Crunchy Blueberry
1/4 cup blueberries
1/3 ripe avocado, pitted and peeled
Handful of spinach
1 cup oat milk
1 cup ice

belVita Breakfast Biscuits provide:

- ✓ **Steady energy** the whole morning
- ✓ **Whole grains:** 14-20g per 50g serving
- ✓ **B-vitamins and iron:** good source
- ✓ **No high fructose corn syrup, no artificial colors or flavors.**

What's the story behind steady morning energy?

belVita Breakfast Biscuits are made with slow-release carbs that digest slowly, providing a moderate and steady release of glucose into the bloodstream all morning. For more on the science behind slow-release carbs, visit www.slowreleasearbs.com.



For resources and inspiration, visit www.belVitanutrition.com