

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

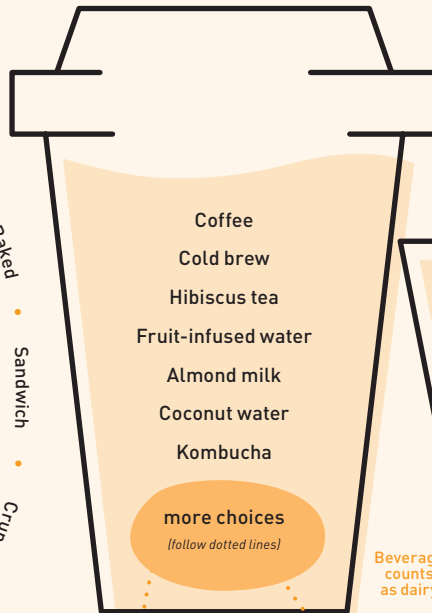
2. Pair with your favorite beverage

3. Add a low-fat dairy

4. Pick a fruit



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



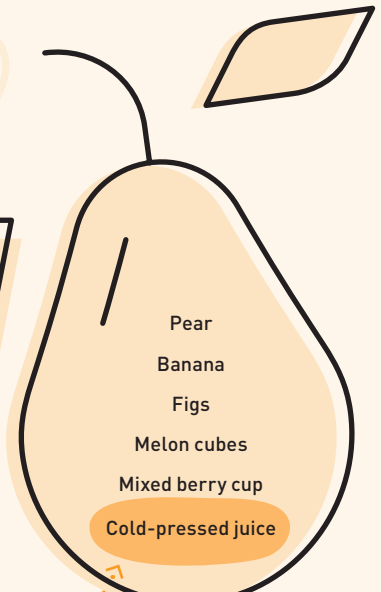
more choices
(follow dotted lines)

Beverage counts as fruit



Beverage counts as dairy

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



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:

- ✓ 4 hours of nutritious steady energy
- ✓ Whole grains: 14-22g per 50g serving
- ✓ B-vitamins and iron: good source
- ✓ No high fructose corn syrup, no artificial colors or flavors.

What's the story behind 4 hours of nutritious steady energy?

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



For resources and inspiration, visit www.belVitanutrition.com