

## Start the Day in a Healthy Way

<https://phc.eduhealth.ca/en/permalink/phem2805>

**Catalogue Number:** BB.200.St28.PHC

**Current Revision** April-22-2008

**Date:**

**Language:** English

**Status:** Pending or under revision

**Description:** Breakfast ideas.

**Format:** Factsheet

**Keywords:** foods  
healthy heart  
nutrition services

**Reading Level:** 6

**Date Issued:** April-22-2008

**Legacy Numbers:** HH061F