



A Nutrition Resource

BREAKFAST SPLITS

Yield: 1 Serving | Serving Size: 1 breakfast split

Cost/Serving: \$1.73

Ingredients:

- 1 small banana
- 1/2 cup low-fat yogurt
- 1/4 cup granola or flake-style cereal
- 1 cup sliced or chopped fresh fruit (kiwi, orange, apple, etc.)

Directions:

- 1) Cut banana in half lengthwise, place in shallow bowl.
- 2) Top with yogurt, cereal, and fruit.

This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the Spend Smart. Eat smart. website.

<https://spendsmart.extension.iastate.edu/>

Nutrition Facts

1 servings per container
Serving size 1 breakfast split (325g)

Amount per serving	
Calories	350
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 58g	21%
Dietary Fiber 5g	18%
Total Sugars 34g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 252mg	20%
Iron 2mg	10%
Potassium 697mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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