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Have you ever wondered what people in other parts of the world eat? Take a trip around the world and explore what people in different countries eat for breakfast.



For each country, hover over the different parts of the breakfast to the facts about the specific foods and the countries' people, climate, history, and geography.



Drag and drop the foods into the correct MyPlate food group to reveal more information about how the foods can help your body be active and stay healthy.

See how all kinds of cultures eat different breakfasts every day.

[EXPLORE BREAKFASTS FROM AROUND THE WORLD](#)



In Japan, you might eat a breakfast of natto, a soybean dish, miso soup, pickled vegetables like cucumber, and white rice. Japanese people tend to eat three meals a day, and rice is often a part of them.



NATO

Natto is a sticky, strongly flavored soybean dish. Soybeans are a major part of Japanese food culture and are prepared in many different forms, including natto, tofu, and miso.

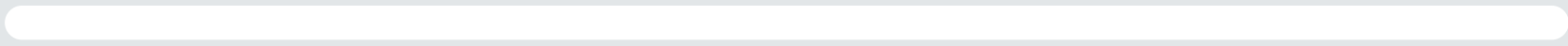


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NATO

Soybeans contain protein, dietary fiber, magnesium, vitamin K, and potassium. Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. Diets rich in potassium may help to maintain healthy blood pressure.



Congrats!

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START OVER