

Healthy Breakfast

Morning is often the most hectic time of the day. And it is easy to want to skip breakfast just to grab an extra few minutes of sleep. Before you roll over... consider that breakfast eaters tend to gain less weight over time. Breakfast eaters also eat more fiber and less fat every day, which makes it easier to reach a healthier weight.

What should I eat from the Healthy Eating Plan?

Include foods from the whole-grain, fruit and the dairy or meat group.

- Choose 100% whole-wheat bread or a cereal from the Green food list.
- Include a serving of low-fat protein (egg, milk, cheese, yogurt, meat or dried beans.)
- Include a serving of fruit, or vegetable if you feel adventurous!
- Instead of syrup on whole-grain pancakes or whole-grain waffles, use fresh fruit, canned fruit packed in juice (rinsed and drained), or unsweetened applesauce.

What can I make for Breakfast?

- Spread a tablespoon of no sugar-added peanut butter onto a whole-grain waffle and top with sliced bananas. Serve with a glass of 1% or fat-free milk.
- Stir chopped fruit and a dry cereal from the Green food list into a serving of lite yogurt. Drink a glass of water.
- Mix into plain oatmeal unsweetened applesauce, sliced bananas or raisins. Drink a glass of 1% or fat-free milk.
- Roll up a whole grain tortilla filled with scrambled egg, shredded low-fat cheese and salsa. Serve with fresh fruit and a glass of water.
- Blend fresh or frozen fruit, lite yogurt, ice, and a half-cup of 1% or fat-free milk to make a frozen fruit smoothie. Serve with half of a 100% whole-wheat bagel with margarine or fat-free cream cheese.
- Make French toast with 100% whole-wheat bread, top with unsweetened applesauce or berries; serve with a glass of 1% or fat-free milk.
- Pour a serving of a Green food list cereal into a bowl. Top with 1% milk or skim milk. Add blueberries or strawberries for a natural sweetness.



Over for more ideas ...

No Time? Take these Breakfast ideas with you as you go out the door!

- No sugar-added peanut butter on 100% whole-wheat bread and a baggie of grapes
- Mozzarella string cheese and a ham slice rolled in a 100% whole-grain tortilla and fresh fruit
- Top a 100% whole-wheat English muffin with an egg and slice of low-fat cheese. Grab a piece of fresh fruit to go.
- Make your own trail mix. Mix a breakfast cereal from the Green food list with unsalted nuts and a handful of dried fruit (cranberries, cherries or raisins). Take a piece of string cheese.

Talk to your dietitian for more information about portion sizes that are right for you or your child.