

# Breakfast Basics

Wake up your body. Your brain needs glucose to perform.  
Without breakfast you'll have trouble concentrating and have low energy.  
Best Breakfast: Light and low-fat – making you feel cheerful, energetic, and alert!

**Balancing Nutrients** The ideal breakfast contains a good balance of carbohydrates, healthy fats, and protein. This provides the nutrients your body needs and can help prevent overeating later.

**Carbohydrates:**  
Provide fuel for our brains and muscles  
Contain important vitamins, minerals, fiber, antioxidants, and phytochemicals which help prevent disease

**Healthy Fats:**  
Provide energy and essential fatty acids  
Help keep our skin healthy  
Enhance absorption of the fat soluble vitamins  
Play a key role in brain development

**Protein:**  
Helps normalize blood sugars  
Makes us feel alert  
Provides a feeling of fullness



## 5 Breakfast Ideas in 10 minutes or less!



1. Fruit smoothie: Blend a 6-8 ounce carton of your favorite yogurt, ¼ cup orange juice, ½ banana, and ½ cup frozen berries.
2. Whole grain cereal topped with fresh fruit, a sprinkling of walnuts, and serve with skim or 1% milk.
3. Oatmeal, served with skim or 1% milk, fresh or dried fruit and a sprinkling of nuts.
4. Top low-fat cottage cheese with your favorite sliced fruit. Include a whole wheat mini-bagel.
5. Egg Muffin Sandwich: Scramble 1 egg and cook in microwave. Place on a toasted whole wheat English muffin with a slice of cheese and a slice of Canadian bacon or a vegetarian sausage patty.



# How to Choose a Healthy Breakfast

It's easy to eat a healthy breakfast when you choose from the following foods.  
Just choose one item from each list and you're on your way to starting the day feeling great!



## Select 1 serving of a **PROTEIN** rich food:

- 1 cup skim milk, 1% milk, or soy milk
- 6-8 ounces non-fat yogurt or kefir
- ½ cup low-fat cottage cheese
- 1 ounce of low-fat cheese
- 1-2 slices of lean ham, Canadian bacon, or smoked salmon
- 1 egg, 2 egg whites, or ½ cup egg substitute
- 2 tablespoons peanut, almond, or cashew butter
- 2 vegetarian sausage links or patties



## Select 1 serving of a **WHOLE GRAIN, HIGH FIBER** food:

- 1 slice whole wheat bread
- 1 whole wheat mini-bagel or ½ whole wheat bagel
- 1 whole wheat English muffin
- 2 small whole wheat waffles or 2 whole wheat pancakes
- 1 low-fat muffin
- 1 ounce of ready-to-eat whole grain cereal with at least 5 grams of fiber per serving
- ½ cup cooked oatmeal



## Select 1 serving of **FRUIT** and/or 1 serving of **VEGETABLES:**

- 1 piece of fruit
- 1 cup of sliced fruit
- 4 ounces 100% fruit juice
- 6 ounces low sodium vegetable juice
- 2 tablespoons dried fruit
- ½ to 1 cup raw or cooked non-starchy vegetables



## Select 1 serving of **HEALTHY FATS:**

- 1 teaspoon olive or canola oil
- 2 teaspoons peanut, almond, or cashew butter
- 2 tablespoons chopped nuts
- 1 tablespoon sunflower or pumpkin seeds
- 1/8 of an avocado

## grab and go breakfast ideas

- ✓ Fat-free or low-fat yogurt
- ✓ Part-skim mozzarella cheese sticks
- ✓ Whole wheat bread, bagel, or English muffin spread with peanut butter
- ✓ Baggie of trail mix
- ✓ A piece of fruit