

Breakfast Basics

Wake up your body. Your brain needs glucose to perform. Without breakfast you'll have trouble concentrating and have low energy.

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



Best Breakfast:

Light and low-fat - making you feel cheerful, energetic, and alert!

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 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



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



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

