

Breakfast: “Fuel” to Start the Day!

It’s important to eat a variety of foods for breakfast like protein, whole grains, fruits and vegetables. Having a balanced breakfast will keep you satisfied longer and prevent extreme hunger later in the day. Not hungry in the morning or in a rush to get out the door? Grab something healthy like Greek plain yogurt with fruit or a homemade protein shake to eat on the go.

Breakfast Suggestions	Tips
Peanut butter & jelly sandwich on whole wheat bread with a piece of fruit	Choose 100% whole wheat bread (on the ingredient list “whole wheat” should be listed first) Choose all-natural peanut butter (like Teddy brand® or Skippy®) Choose all-fruit jelly or jam with no added sugar
Hard boiled egg, string cheese, and piece of fruit	Boil eggs on the weekend and keep them in the refrigerator to grab during the week for a quick breakfast, to have with lunch, or even a snack
Greek yogurt, whole grain cereal or granola, fruit	Preferably plain Greek yogurt Choose a whole grain cereal with > 3 grams of fiber and < 8 grams of added sugar per serving Mix fruit and whole grain cereal or granola into the yogurt
Smoothie made with frozen or fresh fruit, greens (like spinach or kale), milk, and yogurt	Blend 1 cup of frozen or fresh fruit, ½ cup of baby spinach or kale, 1 cup of milk (can be almond or soy, unsweetened), and ½ cup of plain yogurt. Add chia or flax seeds for added fiber and protein
Egg sandwich with tomato and spinach, piece of fruit	Choose 100% whole grain English muffins Crack 1 egg into a microwave safe bowl, cook for 1 to 2 minutes on low setting until egg is cooked through. Top English muffin with egg, tomato slice, and spinach. Enjoy with a piece of fruit
Scrambled egg wrap with beans, cheese, peppers, and onions	Sauté peppers and onions in a frying pan for 2 to 3 minutes. Add ½ cup of low sodium black beans. Next, add 2 beaten eggs and ¼ cup shredded cheese to the veggie and bean mixture. Place fully cooked scrambled egg mixture in a whole wheat tortilla and top with low-fat sour cream and salsa
Whole grain waffle with almond butter and sliced banana	Choose a “whole grain” variety of frozen waffles (like Kashi® brand). Spread with natural almond butter or cashew butter
Oatmeal topped with cinnamon, vanilla extract, walnuts, and sliced banana	Choose plain, steel cut oats. Adding nuts to oatmeal provides fiber and protein!
Sliced fresh fruit over cottage cheese	Choose plain, low sodium cottage cheese Sliced strawberries, pineapple, cantaloupe, or honeydew melon go great over cottage cheese!
Whole grain cereal with milk and sliced fruit	Choose a whole grain cereal with > 3 grams of fiber and < 8 grams of added sugar per serving Sliced bananas, strawberries, or fresh blueberries go great over cereal!

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