Breakfast Basics

Breakfast is the most important meal of the day. Even if you are not hungry—eat something! Your brain is hungry for energy. For a balanced breakfast, follow these steps:

### Step 1: Choose 1 serving of a Whole Grain, High Fiber food
- 1 cup cooked oatmeal
- 1 slice of WG bread
- 1 mini WG bagel or ½ WG bagel
- 1 WG English muffin
- 2 small WG waffles or 2 small WG pancakes
- 1 ounce of WG dry cereal with ideally 5 grams of fiber

### Step 2: Choose 1 serving of a lean/low-fat Protein rich food
- 1 cup 1% milk, non-fat milk, or soy milk
- 6-8 oz non-fat yogurt
- 1 egg, 2 egg whites, or ½ egg substitute
- 1 oz low-fat cheese
- 2 tablespoons peanut or almond butter
- 1-2 slices lean ham or Canadian bacon

### Step 3: Choose 1 serving of Fruit and/or Vegetables
- 1 piece of fruit
- 1 cup sliced fruit
- 2 large plums
- 8 large strawberries
- 2 tablespoons dried fruit
- ½ -1 cup non-starchy vegetables like bell peppers, tomato, broccoli, or spinach

### Step 4 (Optional): Choose 1 serving of a Healthy Fat
- 1 teaspoon canola or olive oil
- 1/8 avocado
- 2 tablespoons peanut or almond butter
- 2 tablespoons mixed nuts
- 1 tablespoon sunflower seeds
- ¼ cup olives

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## Easy Healthy Options

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Mini Bagel: whole-wheat is healthiest
- with Natural peanut butter and banana slices
- with low-fat whipped cream cheese and low-sugar preserves
- with 1-2 scrambled eggs, sprinkled with mozzarella cheese

Cheese and Fruit: choose partly-skim mozzarella cheese or a low-fat cheese
- string cheese
- one cheese slice
- four cheese cubes

Crackers: grab 1 serving of graham crackers, ginger snap cookies, animal crackers, or whole grain crackers into a Ziploc bag
- accompany with non-fat or 1% milk and a piece of fruit
- dip crackers into Natural peanut butter

Cereal: choose low sugar, high fiber varieties
- measure one ounce – usually 1-1.5 cup of cereal
- for flavor, add slices of fresh fruit like banana, strawberries, berries, or whatever fruit you like (even if it’s really different, like mangos)
- use non-fat or 1% milk

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Choosing the right breakfast foods can help you concentrate, give you strength, and even maintain a healthy weight!

Dry Cereal: put it in a Ziploc bag
  - take a piece of fruit and grab a string cheese

Eggs: egg whites and egg-substitutes are a healthy option
  - 1 egg or 2 egg whites scrambled with 1-2 slices of whole wheat toast
  - 1-2 hard-boiled eggs and toast in Ziploc bag ready to go
  - 1 egg or 2 egg whites scrambled with salsa wrapped in a whole wheat tortilla sprinkled with some mozzarella cheese

English Muffin: whole wheat is healthiest
  - with natural peanut butter and banana slices
  - with low-fat whipped cream cheese and low-sugar preserves
  - with 1 egg or 2 egg whites scrambled, sprinkled with mozzarella cheese

Fruit: fresh, canned, frozen or dried
  - grapes, peeled orange, sliced apple, or sliced pear in a Ziploc bag
  - box of raisins or banana - grab and go
  - when in season, slice a couple of apricots, plums, or peaches

Fruit Smoothie: make it quickly in the morning and take it to go. Use non-fat or 1% milk or ½ cup light yogurt and limit fruit to 1 cup

Nuts: unsalted are best
  - grab a ¼ cup almonds, peanuts, or cashews and throw it in a Ziploc bag
  - grab some cheese, yogurt, milk, or fruit to go with it

Oatmeal, Grits, or Cream of Wheat:
  - make it with low-fat milk for added protein and calcium
  - for flavor add fruit of your choice and cinnamon

Pancakes or Waffles: whole wheat is healthiest
  - frozen pancakes or waffles in the microwave or toaster oven
  - eat at home with fresh fruit and light whipped cream or light syrup
  - put it in a Ziploc bag and take it to go, don’t forget the non-fat or 1% milk

Pretzels: unsalted are best
  - dip in peanut butter and have with non-fat or 1% milk

Natural Peanut Butter & Low-Sugar Preserves Sandwich: whole-wheat bread is healthiest

Sausage Meats: turkey or chicken, select those labeled “low-fat” and “low sodium”
  - eat as a small meal at home
  - heat it quickly in the morning take it to go and grab a slice of toast or fruit

Yogurt: choose a “Light” yogurt and take it to go. Remember to check calories, fat, and sugar
  - pair it with a piece of fruit
  - sprinkle some cereal or granola on top

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