



Build A Healthy Breakfast

WHY?

- *gives you more energy, better focus, and improves concentration during the day
- *curbs hunger and decreases over-eating later in the day
- *gets your metabolism going (start burning calories)
- *helps you to make better food choices throughout the day
- *decreases cravings for high fat/high carb foods
- *helps your body have less blood sugar swings

Studies show:

People who eat breakfast are more likely to be at a healthy weight. AND School age children who eat breakfast do better in school, have fewer discipline problems, and stay alert in class.

WHEN?

Eat within 1 hour of waking up.

WHAT?

Choose 1 food from 3 different columns below to build YOUR healthy breakfast:

GRAINS	FRUIT	VEGGIES	DAIRY	PROTEIN
<ul style="list-style-type: none"> • whole grain bread whole grain • English muffin • whole grain waffle corn or wheat • tortilla • oatmeal • (unflavored) • whole grain cereal whole grain • pancake • low fat granola • quinoa • brown rice • cream of wheat 	<ul style="list-style-type: none"> • strawberry • blueberry • raspberry • blackberry • pineapple • grapefruit • peach • pear • orange • grape • apple • cantaloupe • watermelon • honeydew melon • kiwi • mango • avocado • banana • cherry • dried fruit 	<ul style="list-style-type: none"> • tomato • onion • bell pepper • broccoli • mushrooms • zucchini • spinach • salsa • pumpkin • sweet potato 	<ul style="list-style-type: none"> • fat-free or 1% milk • fat-free or • lowfat yogurt • reduced fat • cheese • plain soymilk 	<ul style="list-style-type: none"> • eggs or egg • whites • beans (whole or fat-free refried) • peanut butter • almond butter • cashew butter • nuts (cashews, walnuts, peanuts, pistachios, brazil nuts, pecans, almonds, hazelnuts) • lowfat ham or • turkey • Canadian bacon • turkey bacon • turkey sausage • low-fat cottage • cheese • tofu

Foods to avoid: sugary cereal, pastries (like pop tarts, muffins, doughnuts, croissants, biscuits, cinnamon rolls), fatty meats (like sausage, hot dogs, regular bacon), sugar sweetened drinks (like juice, chocolate milk, flavored coffee drinks), whole fat milk and cream, butter, large amounts of syrup, honey, or jelly