

Breakfast is an important part of powering-up for the day. Breakfast helps you focus, and stay alert. It improves your mood and helps you control your appetite.

Goals: Avoid high fat food such as high fat cheese, sausage and bacon. Also cut excess sugar such as frosted and chocolate cereals, donuts, white bread and high sugar breakfast bars. Instead of sugary juices, choose: unsweetened water, fat-free or 1% fat milk. Eating a balanced breakfast will help you get going and give you energy until lunch.

For great breakfast ideas, follow our ten tips for nourishing ways to kick-start the day!

Ten Healthy Breakfast Choices:

1. **Try high fiber cereals.**
Old fashion, not quick or instant oatmeal is a great and contains fiber and vitamins. Choose oatmeal that isn't already pre-sweetened with sugar or sugar substitute! Sweeten it with raisins or fresh fruit. Also, read the food label. Choose cereals that have more than 3 grams of fiber. Avoid cereals that say "frosted", "honey", "crunch" or "sweetened."
2. **Smoothie madness**
Blend frozen fruit (bananas and berries are great) with low-fat or fat-free milk or plain yogurt for a tasty breakfast smoothie with lots of nutrients. Add 1-2 tablespoons of ground flaxseed to boost fiber and essential fats such as omega three's.
3. **Choose high fiber whole grains.**
100% whole grain, fiber rich (over 2 grams) breads, cereals, rice or cornmeal served with low or fat-free fat free milk or yogurt are a healthier alternative to sugary cereals, energy bars or Pop tarts. Whole grain bread with fiber bread or crackers, low fat peanut butter or low fat cheese, topped with apples or bananas are easy and tasty as well.
4. **Eggxactly!**
Boil, scramble, or poach eggs and serve on whole-wheat toast - they're packed with nutrition.
5. **High Fiber Toaster Treats- Skip the pop tarts!**
Frozen whole-grain waffles take almost no time to make. Top them with berries, low-sugar apple sauce or sliced bananas instead of syrup. For protein and calcium add fat free ricotta cheese mixed with cinnamon.
6. **Go Nutty!**
Spread reduced fat peanut or almond butter on whole-grain toast to get both protein and fiber.
7. **Go Fruity!**
A fresh fruit cup with plain low-fat or fat-free yogurt is a great way to start the day. Add cinnamon or lemon juice, vanilla or mint for more flavor. Fruit contains fiber, important phytonutrients and potassium. top with a tablespoon of sliced almonds or walnuts for added protein.
8. **Try Fruit Spreads-**
Instead of butter or margarine on toast, try low sugar all-fruit spreads, apple or pumpkin butters are yum!
9. **Bagel Classics**
Try a whole-wheat or sunflower seed **mini** bagel with low fat or fat free cheese or peanut butter. Top with tomatoes or fruit.
10. **Do Not Eat Breakfast On-the-Go**

Make Time To Eat Breakfast

Don't have time to eat breakfast at home? Make time. This is the single most important habit to learn. Have whole-grain crackers rich in fiber; add a slice of low fat meat, chicken, cheese or hummus. Nuts, dried and fresh fruit such as grapes are easy eats and nutritious also. Avoid eating in the car. Slowly eating helps hormonal balance and teaches you not to rush which may cause over eating. No time? Take a banana, crackers and cheese and eat it when get to where you need to be.

Sample Menus

Day 1

Whole grain waffle
Ricotta Cheese with cinnamon
Fresh berries or banana
Water

Day 2

Cheerios with fat free milk
Sliced Peaches
2 tablespoons of sliced almonds
Milk

Day 3

Whole Wheat light English Muffin
Low fat cheese
Fresh orange
Water

Day 4

Scrambled egg with onion
Whole Wheat mini Bagel
Melon
Fat free Milk

Day 5

Blue Berry Pancake
Fat free Milk

Day 6

Fat free Yogurt Smoothie
with banana and strawberries
1 slice toast with peanut butter

Day 7

Old fashion Oatmeal with Raisins
Chopped walnuts
Fat free Milk

Day 8

Breakfast Burrito: Scramble Egg
Whole wheat tortilla
Salsa
Pineapple