



Start Your Day the Healthy Way!

NOT All Breakfasts are Created Equal

- Many breakfast foods have a lot of sugar and are stripped of their natural nutrients.
- Avoid frosted and chocolate cereals, donuts, white bread and high-sugar breakfast bars.
- Instead of sugary juices, buy 100% fruit juice or fat-free or low-fat milk.
- Eating only sugary foods can lead to erratic energy levels and mid-morning food cravings.
Eat a balanced breakfast to get you going and sustain your energy until lunch time.

Ten Tips for a Healthier Breakfast

1. Oatmeal in an Instant

Choose oatmeal that isn't pre-sweetened. Sweeten with raisins or fresh fruit.

2. Smoothie Madness

Blend frozen fruit (like bananas and berries), low-fat or fat-free milk, and 100% fruit-juice.

3. Go 100% Whole Grain

Try 100% whole-grain, fiber-rich cereals, and whole-wheat muffins and breads.

4. Eggxactly!

Boil, scramble, or poach eggs and serve on whole-wheat toast.

5. Toaster Treats

Toast frozen whole-grain waffles and top with berries, apple sauce or bananas instead of syrup.

6. Go Nutty!

Spread peanut or almond butter on whole-grain toast.

7. Go Fruity

Fresh fruit cut up with a dollop of low-fat or fat-free yogurt is a great way to start the day.

8. Try All-Fruit Spreads

Instead of butter or margarine on toast, try all-fruit spreads, bananas or berries.

9. Bagel Classics

Try a whole-wheat or sunflower seed bagel with low-fat cream cheese or peanut butter.

10. Breakfast On-the-Go

Don't have time to eat breakfast at home? Keep on-hand whole-grain mini bagels, muffins, nuts and dried and fresh fruits that can be taken in the car and aren't too messy.

