**5 breakfast ideas in 10 minutes or less**

1. **Fruit smoothie:** Blend together low-fat yogurt, orange juice, banana, and frozen berries.

2. **Try whole grain cereal with fresh fruit and low-fat milk.**

3. **Mix oatmeal with milk instead of water.** Top with yogurt, nuts, and fruit.

4. **Layer fresh or frozen fruit, Greek yogurt, low-fat granola, and nuts.**

5. **Southwestern egg tortilla:** Scramble eggs, milk, cheese, and green peppers, onions, and tomatoes. Place in heated whole grain tortilla. Top with shredded cheese and salsa.

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**Grab & Go breakfast ideas**

When you’re in a hurry in the morning, it’s easy to skip breakfast. Here are some ideas for taking breakfast with you:

- Hard-boiled egg
- Granola bar
- Yogurt cup topped with granola or dry cereal
- Baggie of trail mix and dry cereal
- Low-fat cheese stick
- Whole wheat bread, bagel, or English muffin spread with peanut butter
- Fresh fruit
  - Fruit & yogurt smoothie
  - Whole grain frozen waffle topped with flavored Greek yogurt

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**Breakfast Basics**

Make time to refuel your body and jump-start your day with breakfast!
What Makes A Great Breakfast?

While any breakfast is better than no breakfast, the best food choices are those that will give you long-lasting energy. Choosing carbohydrates, lean protein and healthy fats will give you energy and the feeling of fullness to make it to lunch!

**CARBOHYDRATES**
Provide fuel for our brains and muscles. Fiber rich carbohydrates provide a feeling of fullness that discourages overeating. Fruits and vegetables deliver health-promoting vitamins, minerals, fiber, and phytonutrients.

- Whole grain bread, waffles, muffins, bagels
- Whole grain cereals
- Oatmeal
- Granola bars
- Fresh, frozen, canned, or dried fruit
- Vegetables

Look for whole grains and fiber on food packages and labels.

**PROTEIN**
Provides a feeling of fullness and helps normalize blood sugars.

- Low-fat milk
- Low-fat yogurt or cheese
- Beans
- Peanut butter or other nut butters
- Lean ham, turkey, or Canadian bacon
- Eggs
- Nuts or seeds

Choose proteins that are low in fat.

**HEALTHY FATS**
Provide energy and essential fatty acids.

- Avocado
- Peanut butter or other nut butters
- Sunflower or pumpkin seeds
- Healthy oils
- Nuts

Choose monounsaturated and polyunsaturated fats from plant-based foods and oils.