



Breakfast

Why Fuel Up?

Are you one of the 35-40% of Americans who skip breakfast because you're not hungry, in a hurry, want to sleep more, or think it will help you lose weight?

adequate nutrients needed to "jump start" your metabolism and get the day started. This important meal should provide you with 25% of the energy and nutrients you need for the day, so make them count! Start your morning right by choosing foods high in fiber, protein, vitamins and minerals.

Breakfast provides your body with the fuel it needs to wake up and helps your brain and body function during the day. A healthy breakfast provides the

Breakfast Does a Body Good

Studies show people who eat a healthy breakfast...

- Are less likely to become obese, and more likely to meet nutrient recommendations compared to those who skip breakfast.
- Make healthier food choices throughout the day and have healthier bodies. 78% of people who have lost weight have kept it off by eating breakfast everyday.
- Have more strength and endurance, and engage in more physical activity.
- Have improved concentration in the classroom, tend to be more creative, think better, and score higher on exams.
- Have increased leptin output, a hormone that suppresses appetite.

Breakfast Meal Ideas

Build a healthy breakfast by including 3 or more food groups with at least one fruit or vegetable

- Whole grain cereal with low-fat milk and piece of fruit
- Whole wheat pancake or waffle topped with fresh fruit or fruit preserves and turkey bacon
- Whole grain tortilla filled with 2 scrambled eggs, tomatoes, and low-fat cheese
- Apple slices with cheddar cheese and walnuts
- Whole grain mini bagel with peanut butter and a glass of low-fat milk
- Hard boiled egg and whole wheat toast with low-fat yogurt
- Low-fat cottage cheese with a piece of fruit and a whole grain muffin
- Grapefruit and a whole grain mini bagel with low-fat cream cheese
- Oatmeal made with low fat milk and topped with nuts or dried fruit
- Low-fat or low-sugar granola bar, fresh fruit, and low-fat yogurt
- Breakfast parfait layered with low-fat yogurt, fruit, and cereal, granola, or nuts
- Smoothie with low-fat yogurt and fruit, topped with granola
- Carnation Instant breakfast made with a glass of low-fat milk and a low-fat granola bar
- Breakfast sandwich made with a whole wheat English muffin, Canadian bacon, & a cheese slice, and a fruit cup
- Egg white omelet with peppers, onions, tomatoes, & low-fat cheese, whole wheat toast

Breakfast is the first meal of the day and should be consumed within 1-2 hours of waking up!

Cereal

Look for unsweetened, low fat, whole grain cereals. To ensure your cereal is a good source of whole grains, look for:

- “Whole grain” listed as the first ingredient on the Nutrition Facts Food Label.
- Cereal that contains 3 or more grams of fiber per serving; 5 or more is ideal.
- Cereal with 13 or less grams from sugar per serving, unless dried fruit is in the cereal.



Cereal (1 cup)	Calories (kcal)	Fiber (gm)	Sugar (gm)
All-Bran, Original	161	18	10
Cheerios	110	3	1
Fiber One	120	28	0
Frosted Mini Wheats	167	6	11
Kashi Go Lean	148	10	6
Raisin Bran	195	7	16
Smart Start Maple Brown Sugar	220	5	17
Special K with Red Berries	110	1	10
Total	121	4	6

Granola Bars

Look for granola bars that meet the same guidelines as cereal and are whole grain, low in sugar (13 or less grams), and a good source of fiber (3 or more grams). Examples include:

Kind Bar

190 calories, 3g fiber, 11g sugar

Fiber One

140 calories, 9g fiber, 9g sugar

Cliff Trail Mix Bar

200 calories, 3g fiber, 9g sugar

Nature Valley (2 bars)

190 calories, 2g fiber, 11g sugar

Powerbar Nut Naturals

210 calories, 3g fiber, 10g sugar

Quaker Chewy

100 calories, 1g fiber, 7g sugar



Instead Of:

Lucky Charms (1 cup),
147 calories, 1g Fiber

Bagel (4”),
289 calories, 7g Sugar

Bacon (1oz),
149 calories, 11g Fat

Pop Tart (1 pastry),
200 calories, 17g Sugar

Croissant (2.7oz),
270 calories, 15g Fat

Whole Milk (1 cup),
160 calories, 8g Fat

McDonalds Egg McMuffin,
300 calories, 12g Fat

Try This:

Kashi Go Lean (1 cup),
148 calories, 10g Fiber

Whole Grain English Muffin,
140 calories, 4g Sugar

Turkey Bacon (1oz),
34 calories, 1g Fat

Low Sugar Granola Bar,
100 calories, 5g Sugar

Low-fat Bran Muffin,
106 calories, 3g Fat

Skim Milk (1 cup),
90 calories, 0g Fat

McDonalds Eng. Muffin with Strawberry Preserve,
195 calories, 3g fat