



MHealthy Nutrition:
**BALANCED
 BREAKFAST
 ON THE GO**



BREAKFAST CAN BE HELPFUL IN THESE WAYS:

- provide energy
- improve alertness
- increase the ability to remember and learn
- increase your overall vitamin & mineral intake

Create an easy and quick balanced breakfast by choosing options from the various food groups below.

WHOLE GRAINS	FRUITS AND VEGETABLES
<p>Whole grains provide more fiber, vitamins and minerals than enriched or refined grains.</p> <p>Look for whole grains listed as the first ingredient such as oats or whole wheat flour.</p> <ul style="list-style-type: none"> • Whole grain breads, including English muffins and bagels • Oatmeal • Whole grain pancakes • Whole grain granola bar or cereal • Quinoa 	<p>Fruits and vegetables provide many phytonutrients that help our body fight disease.</p> <p>The fiber in fruits and vegetables can help you feel full.</p> <ul style="list-style-type: none"> • Fresh fruit or vegetables • Canned fruit with no sugar added • Lower sodium vegetable juice
DAIRY AND NON-DAIRY	PROTEIN
<p>Calcium and vitamin D in dairy products are important for good bone health.</p> <ul style="list-style-type: none"> • Milk • Yogurt • Calcium-fortified soy milk/yogurt 	<p>Lean protein helps your body have more energy by controlling blood sugar.</p> <p>Protein can also help keep you satisfied when included in a meal or snack.</p> <ul style="list-style-type: none"> • Eggs or egg whites • Nuts • Nut butters (peanut, almond, etc.) • Lean meats, poultry or fish • Cottage Cheese

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QUICK AND EASY IDEAS TO GET YOU STARTED

Whole wheat English muffin with peanut butter and banana.

Instant oatmeal prepared with hot water in a thermos with a piece of fruit and chopped walnuts.

Yogurt topped with granola and berries.

High fiber granola bar, unsweetened fruit and string cheese.

Peanut butter and jelly sandwich on whole wheat bread or sandwich thin and milk.

Smoothie with yogurt, frozen fruit and soy milk.

Poached eggs on whole wheat bagel, English muffin or toast and an apple.

Cottage cheese with unsweetened fruit and whole grain cereal.

High fiber cereal and milk in a thermos and almonds.

Breakfast burrito - whole wheat tortilla with scrambled eggs, sautéed onions, peppers and cheese.

Whole grain crackers, spreadable cheese and grapes.

Whole wheat bread, sandwich thin or toast with vegetarian “sausage”, spinach and tomato along with milk.

Quinoa Berry Breakfast Parfaits To Go

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