

# Breakfast Grab 'N Go Guide



## Breakfast Benefits:

- Eating breakfast helps you to feel full longer.
- Eating breakfast has been proven to help control your weight.
- Eating breakfast is a way to include more vitamins and minerals in your diet.
- Eating breakfast can help to lower cholesterol and reduce risk for heart disease.
- Eating breakfast helps adults and children to have better concentration.
- Breakfast gives kids the energy they need during the day to be physically active and it also improves hand-eye coordination, alertness, and creativity.

With all these benefits, why skip it?! When planning your breakfast, try to include foods from all sections of “My Plate.”

- **Whole Grains** – oatmeal or cold cereal, whole grain bread, bagels or crackers, and low-fat bran muffins.
- **Low Fat Protein** – lean breakfast meat, poultry, and fish, peanut butter, and eggs.
- **Fruits and Vegetables** – fresh or frozen fruits and vegetables, and 100% juice without added sugar.
- **Low Fat Dairy** – skim milk, low-fat yogurt and low-fat cheeses, like cottage cheeses.

Short on time? Give one of these well balanced “Grab ‘N Go” breakfasts a try next time you are dashing out the door to give you the energy you need to start your day right!

- Whole grain English muffin with 2 tablespoons peanut butter and honey.
- Single serving (6-oz) low-fat yogurt with ¼ to ½ cup low-fat granola and berries or your favorite fruit.
- Whole grain granola bar, low-fat single serving of cottage cheese or yogurt, and a piece of fruit.
- Combine dried fruit and nuts with your favorite whole grain breakfast cereal in a zip lock bag and pair with a cup of low-fat or skim milk.
- Low-fat string cheese with whole grain crackers and cherry tomatoes.
- Hard boiled egg with half of whole grain pita and a piece of fruit.
- Breakfast sandwich made with 1 egg, spinach, and low-fat cheese on a whole grain English muffin.
- Instant oatmeal topped with chopped nuts and sliced banana or dried fruit.
- Melt ¼ cup sharp cheddar cheese and slices of granny smith apple on a whole wheat flour tortilla to make a breakfast quesadilla.
- Blend together ½ cup low-fat yogurt, ½ cup skim milk, 1 cup frozen berries of your choice, and 1 tsp honey to enjoy a yummy breakfast smoothie!
- Toast a whole grain waffle and top with peanut butter and jam or yogurt, sliced nuts, and dried fruit.