

Fuel Up With Breakfast!

Nutrition Education

December 2023



A nutrient-packed breakfast will give you the boost of energy you need to start your day. With the holiday season here, breakfast will help keep you focused and on-the-move. Whether you are a morning person or someone who likes to sleep-in, here are healthy breakfast ideas to get you going!

Early Bird Gets the Worm:

- Scrambled eggs or egg whites with spinach and tomatoes, fruit, and whole wheat toast.
- Find a whole grain pancake or whole grain waffle mix at the grocery store and whip up a breakfast treat.
- Breakfast Tacos: Scrambled eggs or egg whites with salsa and low-fat cheese in corn or whole wheat flour tortillas.
- Stuff a whole wheat pita with a sliced hard-boiled egg, a slice of cheese, and spinach.

Just Enough Time for a Quick Bite:

- Whole grain English muffin with mashed avocado and black beans.
- Try an unsweetened high fiber cereal and add fruit.
- Whole grain English muffin with a couple of slices of reduced sodium deli turkey or ham and a slice of low-fat cheese. Microwave it for a few seconds to melt the cheese.
- Blend a breakfast smoothie with your favorite fruits and low-fat milk.
- Microwave a bag of plain instant oatmeal with low-fat milk and mix in some applesauce and cinnamon.

On-the-Run and Out-the-Door:

- Grab some almond butter or peanut butter, spread it on whole wheat toast and add a piece of fresh fruit to complete your breakfast.
- Low-fat or fat-free milk, a nut mix, and a piece of fresh fruit. Try preparing small bags of a nut mix ahead of time so you can grab it and go.
- Greek yogurt and fruit. Put together containers of Greek yogurt and fruit ahead of time so in the morning you can take it and go.
- Overnight oatmeal: The night before, mix oats with low-fat milk or Greek yogurt in a jar. Turn up the flavor by adding nuts, honey, cinnamon, or cocoa powder, berries, bananas, or raisins, and let it sit overnight.
- Cottage cheese and fruit. Put together cottage cheese and fruit ahead of time so in the morning you can pack it and go.
- Spread some peanut butter on a whole wheat flour tortilla and roll it up with a banana.



Solve the Sudoku task so that each honeycomb cell, each horizontal row and each diagonal have different numbers from 1 to 7.



1 2 3 4 5 6 7

