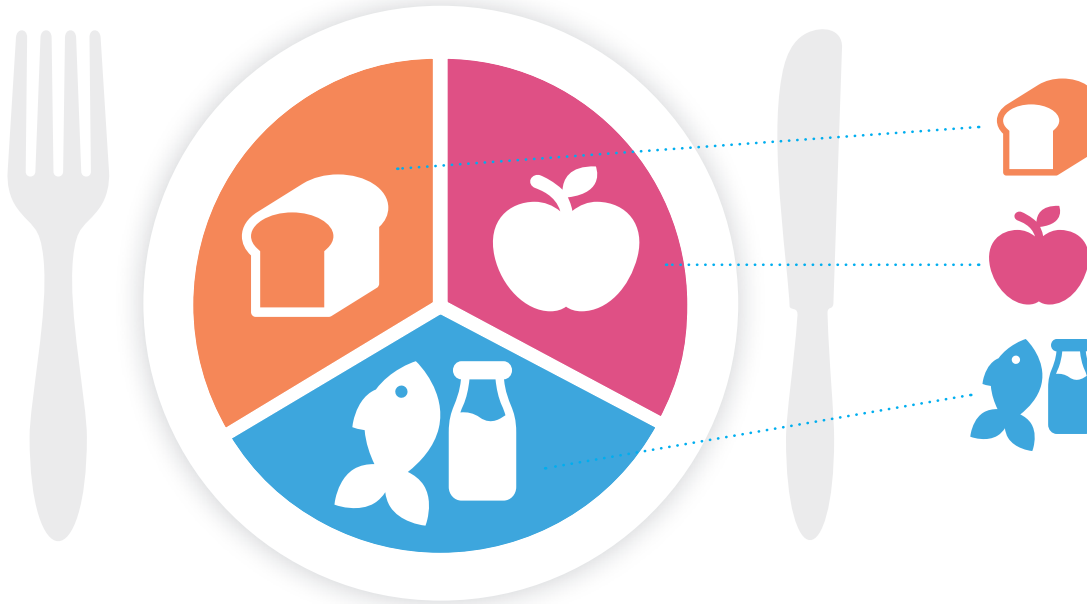


BUILD A HEALTHY BREAKFAST



WHOLE GRAIN

oatmeal, whole wheat bread, whole grain cold cereal



FRUIT





blueberries; raspberries, small apple, small banana



MEAT/SUBSTITUTE OR DAIRY

milk, egg, yogurt,
veggie sausage patty, cheese, fish, nut-butter

BUILD YOUR OWN


 WHOLE GRAIN 15g of carb each	 FRUIT 15g of carb each	 DAIRY Good protein source 15g of carb each	 MEAT / SUBSTITUTE Good protein source no-carb	EXTRA no-carb
<ul style="list-style-type: none"> ½ cup oatmeal (cooked) ⅓ cup brown rice, barley, quinoa ½ whole wheat English muffin 1 slice whole wheat toast ¼ cup granola 1 6" tortilla 1 mini fruit and nut bar 1 whole grain waffle 	<ul style="list-style-type: none"> Small piece of fruit (apple, orange, pear) ½ banana ½ grapefruit ½ cup mixed fruit ¾ cup berries 15 grapes 2 Tbsp raisins (or other dried fruit) 	<ul style="list-style-type: none"> 1 cup non-fat or low-fat milk, or soy milk ¾ cup yogurt (check label) 	<ul style="list-style-type: none"> 1 egg or 2 egg whites ¼ cup egg substitute 1-2 oz canned or smoked fish (salmon, tuna, sardines) 1-2 oz lean meat (turkey, chicken) 1 veggie sausage patty 1 oz low-fat snack cheese 1 Tbsp nut butter ½ cup cottage cheese 	<ul style="list-style-type: none"> Veggies: tomato mushrooms spinach onions



BREAKFAST TIPS: Ideally, get yourself in a routine. There's no need to have something different every morning. Come up with a weekday and weekend breakfast option and make it a no-brainer. Also, breakfast can be a great meal to fit in a serving of fruit and dairy.



BALANCED BREAKFAST

Most people will aim for 30-45 grams of carbs per meal across three main categories: whole grain, fruit and dairy.



 = 1 carb choice / 15 grams carb

SAMPLE BREAKFAST IDEAS

-  Oatmeal (1/2 cup cooked)
-  Chopped Apple (1 small)
-  Milk (1 cup)



-  Whole grain toast (1 slice)
-  Grapefruit (1/2)
-  Cottage Cheese (1/2 cup)



-  6" Corn tortilla (1)
- Chopped tomatoes and peppers
- Scrambled eggs (1)

-  Whole grain waffle (1)
-  Berries (3/4 cup)
-  Yogurt (3/4 cup)

-  Brown rice (1/3 cup)
-  Banana (1/2)
-  Milk (1 cup)

-  Granola (1/4 cup)
-  Mixed fruit cup (1/2 cup)
-  Yogurt (3/4 cup)

-  Whole Grain Bar (1)
-  Clementine (1 Small)
- Hard boiled egg (1)

-  Small muffin (1)
-  Pear (1 small)
- Veggie Patty (1)

-  1/2 Whole Wheat English Muffin
-  Grapes (15)
-  Nut Butter (1 Tbsp)