

B

Make sure your breakfast consists of complex carbohydrates (ex: whole grain cereal, wheat bread, fruit, ~~fat~~ milk), protein (ex: eggs/egg whites, lean meat, nuts), and healthy fat (peanut butter, nuts, light cream cheese)

- 9 Look for whole wheat bread and grain products instead of white/refined products
- 9 Choose ~~low~~fat (skim, 1% or 2%) milk and dairy products
- 9 Limit your intake of fried foods, grease, and extra gravies & sauces
- 9 Aim to get fruit into your breakfast either as a juice or as a whole fruit

500 Calorie Breakfasts At Home « \$ 0 X V W I R U (9 (5 < \$ W K O H W

- 1 whole wheat bagel, 2 Tablespoons peanut butter, 1 cup skim milk
- 1 wheat English muffin toasted w/ 2 slices ham, 1 slice 2% cheese, 1 banana, 1 cup 2% milk or 12oz skim milk
- 1 cup cereal w/ ½ cup 2% milk, 1 yogurt, Grande nonfat latte
- 1 smoothie made w/ 1 cup milk, 1 yogurt, 1 banana, 1 cup strawberries, & 1 scoop whey protein powder & chewy granola bar
- 250 calorie energy bar, 1 cup skim milk, 1 fruit, small hand full nuts
- 2 pieces wheat toast w/ 2 Tablespoons peanut butter, 1 string cheese, 1 fruit
- 2 Eggo whole wheat waffles, 1 Tablespoons butter, Drizzle syrup, 2 string cheese
- 2 Eggo whole wheat waffles with 2 Tablespoons peanut butter, 1 cup 2% milk or 1 cup skim milk and a string cheese
- 1 pack Nature Valley granola bars, 1 cup 2% milk, 1 string cheese, small handful nuts
- 1 yogurt with 1 cup cereal mixed in, 1 piece toast with 1 slice melted 2% cheese, 1 banana
- 1 pack peanut butter crackers, 1 cup skim milk, 1, fruit & string cheese or yogurt
- 1 pack oatmeal (1 cup cooked) with 1 Tablespoon peanut butter and 1 scoop whey protein powder mixed in, 1 fruit or 1 cup 2% milk
- 1 whole wheat bagel w/ 2 Tablespoons ~~fat~~ cream cheese, 1 whey protein shake mixed with water
- 1 whole wheat tortilla warm with 3 slices ham and 1 slice 2% cheese, 1 pack peanut butter crackers

Healthy Breakfast Choices On the-Go

Choose

- 9 Whole wheat bagel w/ cream cheese
- 9 Ham & cheese roll w/ ~~low~~fat milk
- 9 English muffin w/ ham, egg, & cheese
- 9 Protein shake w/ milk, yogurt, & fruit
- 9 Low-fat bran muffin

Instead of

- Biscuits w/ butter or gravy
- Chocolate covered ~~donuts~~
- Croissant w/ bacon and cheese
- Frappuccino w/ syrup & whip cream
- Pastry or powdered donuts