



Build a better breakfast.

Do you usually eat in the morning? Yes No

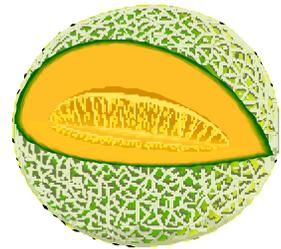
If yes, what do you usually eat? When? Where?

If no, what are your reasons?

How does your morning eating pattern vary on weekends?

Did you know...?

- Breakfast can take less than 5 minutes to make and eat.
- People who eat breakfast tend to make healthier food choices during the day.
- Breakfast eaters tend to be in a better mood, have more energy, and do better on memory tasks.
- People who don't eat breakfast tend to overeat during the day, especially at night. So the next morning, they're less hungry and less likely to eat breakfast.



Do you skip breakfast and overeat at night?

If so, what food(s) could you eat less often at night? (List calories/fat.)

What food(s) could you gradually start eating in the morning? (List calories/fat.)

Planning a morning meal.

Keep it simple.

Breakfast can be a glass of orange juice, followed by a glass of skim milk or yogurt, then a bagel later in the morning when you get to work.



Concentrate on complex “carbs.” Limit fat and sugar.

Cereal	Choose cereals that are low in sugar and high in fiber. Eat less often: “frosted” or sweetened cereals, granolas, or cereals with nuts or coconut. Good choices are Kashi cereals, bran flakes, shredded wheat, or oatmeal.
Bread	Try whole grain toast, an English muffin, or a bagel. Top with nonfat cream cheese, jam, jelly, or all-fruit spread. Eat less often: croissants, biscuits, doughnuts, and most muffins.
Pancakes	Top with a small amount of low-fat margarine or reduced-calorie syrup, fresh fruit, or fruit purees like applesauce.
Potatoes	Make your own home fries with pan spray instead of oil. Heat a leftover baked potato in the microwave. Top with nonfat sour cream.
Leftovers	Use the microwave to reheat leftovers from last night’s dinner. Rice, pasta, or tortillas or soup can be just as delicious at breakfast.

Add protein.

- Include eggs, egg substitutes, seafood, legumes, peanut butter, soy or dairy foods.

Add low-fat or fat free milk or yogurt.

- Choose skim, 1% or soy milk, low fat cheese, or plain or sugar-free nonfat or low fat yogurt.
- Eat less often: Whole or 2% milk, regular sweetened yogurt, high fat cheese.

Add fruit and/or vegetables.

- Choose fresh fruits or canned fruits packed in water or juice (not heavy syrup). Whole fruits are higher in fiber than juices.
- Vegetables can be added to omelets.



Eat these foods less often: bacon (except Canadian bacon), sausage, sugar, honey, regular syrup, margarine, butter, cream cheese, pastries, coffeecake, doughnuts.

Breakfast Ideas

- Cold Cereals. Read the label and look for a cereal with:
 - At least 5 grams of fiber per serving; 8 grams or more is even better!
 - Sodium under 250 mg. per serving.
 - Low in fat, especially trans fat. If the ingredient list contains hydrogenated oil, it will have trans fat.
 - No more than 8 grams of sugar per serving.
 - Added folate, B6, and B12 for heart health.
- Hot cereal
- Homemade low fat/whole grain muffins, pancakes, waffles
- French toast made with whole grain bread
- Whole grain bread, bagel, or English muffin with peanut butter
- Omelet made with egg substitute, egg whites, or 1 whole egg + 2 egg whites. Add lots of diced onion, green pepper, tomato, mushrooms, and spinach for nutrients, fiber, color, and flavor
- Whole wheat pita or English muffin with a hard-cooked egg
- Breakfast parfait with layers of low-fat or fat-free yogurt or cottage cheese, fruit, and cereal, wheat germ or flaxseed
- Whole grain bagel with hummus or low-fat cheese
- Peanut butter on whole grain bread with banana, apple, or pear slices
- Toasted whole-grain waffle with peanut butter, applesauce, or low-fat or fat-free ricotta cheese and cinnamon
- Wrap fruit and low-fat or fat-free cream cheese in a whole grain tortilla
- Wrap lettuce, spinach, carrots, tomato and hummus or low-fat cheese into a pita or spinach tortilla



My Best Breakfast.

Look through several of your completed Keeping Track books.
Find some examples of healthy breakfasts.



What food choices work well for you?

How many fat grams and/or calories at breakfast are best?

Fat goal for breakfast: _____ grams

Calorie goal for breakfast: _____ calories

Use the examples to build 3 “standard” breakfast menus for yourself.

1.

2.

3.

