

Take a break for breakfast ideas..

Eating breakfast helps your body get off to a good start each day—breakfast helps you have better concentration, be in a better mood, have more energy and maintain a healthy weight. Healthy breakfasts do not have to take a lot of time or energy to prepare. They just need a little planning... Here are some ideas to get you going:

- Whole-wheat bread with natural or low-fat/low-sugar peanut butter spread and a glass of fat-free milk
- A bowl (serving size) of whole-wheat low-sugar cereal with fat-free milk (e.g. Cheerios, Total, Quaker Oat Squares, etc.)
- A serving of instant oatmeal (NOT the high sugar version) with fat-free milk and some fresh fruit on top
- A piece of fresh fruit (whatever is in season)
- A boiled egg (hot or cold) smashed on top of a piece of whole-wheat toast. (Remove the yolk if high total cholesterol is a problem for you.)
- One whole-wheat waffle with sugar-free syrup and fresh fruit on top
- One low-fat muffin (either made from a mix or bought at a store). If made with a mix, add some extra fruit in there to boost its nutritional content.
- Some hot porridge—great for cold days!
- Grapenuts with hot or cold fat-free milk and a small sprinkling of sugar
- A normal-sized (not giant-sized) whole wheat bagel with fat-free or low-fat cream cheese. If you only have giant-sized bagels, just eat one half or it's as much as 500 calories.
- A tortilla filled with a scrambled egg and some salsa
- A crunchy toasted tortilla smeared with 100% fruit jam
- A juicy fresh orange or apple
- Try fruit kebabs—cut up fruit into one-inch cubes and thread on to a wooden skewer (soaked previously for 30 mins). Spread with light coat of brown sugar and broil for 2 minutes on each side. Do this the night before and they're ready for a morning treat.
- Make a breakfast smoothie—put some low-fat/fat-free yogurt into a blender, add some of your favorite fruit and a splash of fruit juice, blend, sprinkle some low-fat granola on top, and there you go. A quick healthy breakfast.
- Low-fat granola (e.g. Kellogg's or similar) and fat-free milk
- Put some low-fat crunchy cereal (like Quaker Oat Squares) into a sandwich bag, add some raisins and walnuts, and there's a healthy snack for breakfast on the run.
- If you're stuck at work, the cafeteria has some healthy options: fruit, fruit juice, bagels, toast, peanut butter, low-fat and fat-free milk...

Provided by AHEC of the Plains, (806) 291-0101.

