

5 breakfast ideas IN 10 MINUTES OR LESS



1 Fruit smoothie: Blend together low-fat yogurt, orange juice, banana, and frozen berries.

2 Try whole grain cereal with fresh fruit and low-fat milk.



3 Mix oatmeal with milk instead of water. Top with yogurt, nuts, and fruit.

4 Layer fresh or frozen fruit, Greek yogurt, low-fat granola, and nuts.



5 Southwestern egg tortilla: Scramble eggs, milk, cheese, red and green peppers, onions, and tomatoes. Place in heated whole grain tortilla. Top with shredded cheese and salsa.



GRAB & GO breakfast ideas

When you're in a hurry in the morning, it's easy to skip breakfast. Here are some ideas for taking breakfast with you:



- Hard-boiled egg
- Granola bar
- Yogurt cup topped with granola or dry cereal
- Baggie of trail mix and dry cereal
- Low-fat cheese stick
- Whole wheat bread, bagel, or English muffin spread with peanut butter
- Fresh fruit
 - Fruit & yogurt smoothie
 - Whole grain frozen waffle topped with flavored greek yogurt



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A HEALTHY HABIT™

Breakfast Basics

Make time to refuel your body and jump-start your day with

breakfast!



What Makes A Great Breakfast?

breakfast EATERS:

Tend to eat healthier throughout the day

Are more physically active

Consume more vitamins and minerals

Have more concentration and problem solving skills

Maintain a healthy weight

Healthy Students are Better Students

Research shows that improved nutrition, daily breakfast, and increased physical activity can lead to improved academic performance.

Kids Who Eat Breakfast

- Perform better on standardized tests
- Pay better attention and behave better in class
- Are less likely to be absent, late, or visit school nurse

Read the *Wellness Impact: Enhancing Academic Success Through Healthy School Environments* at GENYOUthfoundation.org, and learn how schools are taking action at FuelUptoPlay60.com.

While any breakfast is better than no breakfast, the best food choices are those that will give you long-lasting energy. Choosing carbohydrates, lean protein and healthy fats will give you energy and the feeling of fullness to make it to lunch!

CARBOHYDRATES

Provide fuel for our brains and muscles. Fiber rich carbohydrates provide a feeling of fullness that discourages overeating. Fruits and vegetables deliver health-promoting vitamins, minerals, fiber, and phytonutrients.

- Whole grain bread, waffles, muffins, bagels
- Whole grain cereals
- Oatmeal
- Granola bars
- Fresh, frozen, canned, or dried fruit
- Vegetables

Look for whole grains and fiber on food packages and labels.



PROTEIN

Provides a feeling of fullness and helps normalize blood sugars.

- Low-fat milk
- Low-fat yogurt or cheese
- Beans
- Peanut butter or other nut butters
- Lean ham, turkey, or Canadian bacon
- Eggs
- Nuts or seeds

Choose proteins that are low in fat.



HEALTHY FATS

Provide energy and essential fatty acids.

- Avocado
- Peanut butter or other nut butters
- Sunflower or pumpkin seeds
- Healthy oils
- Nuts

Choose monounsaturated and polyunsaturated fats from plant-based foods and oils.

