



A Nutrition Resource



# BREAKFAST

What do bunny slippers, whole grains, milk, and fruit have in common? You can enjoy all of them before you even get dressed. That's right, when you eat a balanced breakfast, you can check off a few servings of your daily whole grains, dairy, and fruit before you're even out of your slippers!

## Mix and match breakfast ideas

WHOLE GRAIN	DAIRY	FRUIT
Half sandwich on whole wheat bread	1 cup low-fat milk	Banana
1 piece of whole grain toast	1 cup soy milk (calcium fortified)	Apple
1 small whole wheat bagel	1.5 ounces cheese	100% Fruit juice (4 oz.)
Breakfast burrito (whole wheat tortilla with 1 scrambled egg and 1.5 ounces cheese)		About 15 grapes
5 whole grain crackers	1 cup cottage cheese	½ cup canned peaches
½ whole wheat english muffin	1.5 ounces cheese	Orange
½ cup oatmeal	1 cup low-fat milk	¼ cup dried fruit & nuts
1 cup cold cereal	1 cup low-fat yogurt	½ cup frozen blueberries
Leftovers are perfect for breakfast, too!		

## Add some excitement to your hot cereal

Does the thought of the same old hot cereal bring you down? Stir in one or a combination of these delicious mix-ins to your morning oatmeal and you won't be sorry!

### A TOUCH OF SWEET

- Brown sugar
- Honey
- Maple syrup
- Molasses

### GO NUTS

- Almonds, walnuts, or pecans, chopped or sliced

### SPICE IT UP

- Ground cinnamon
- Ground nutmeg

### MAKE IT FRUITY

- Applesauce
- Fresh fruit like apples and bananas, sliced or chopped
- Frozen fruit like strawberries, raspberries, and blueberries
- Canned fruit like peaches and pears, sliced or chopped
- Dried fruit like raisins, cranberries, or apricots

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## Yogurt Fruit Crunch

Yield: 2 Servings | Serving Size: 1/2 Recipe

½ to ¾ cup fruit (fresh, frozen, or canned)

1 cup low-fat yogurt

1 cup whole grain cereal

- 1) Wash fruit (if fresh) and cut into bite size pieces.
- 2) Layer half of the cereal, yogurt, and fruit into a cup or bowl. Repeat in a second cup or bowl.



## Nutrition Facts

2 servings per container	
<b>Serving size</b>	<b>1/2 of recipe (162g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 1mcg	<b>6%</b>
Calcium 206mg	<b>15%</b>
Iron 4mg	<b>20%</b>
Potassium 47mg	<b>2%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## More tips to make the most of your morning

### Make mornings easier

- Early to bed. Early to rise.
- Plan morning menus each week.
- Stock your kitchen with quick-to-fix breakfast foods.
- Give kids a choice - offer a couple of different things for breakfast.
- Savor the mornings when you can cook breakfast with your loved ones.

### Physical activity in the morning

Put on your walking shoes or play an exercise video before anything else can disrupt your physical activity plans for the day. Those who are active in the morning are the most likely to stick to healthy habits.

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