

## HOW TO HAVE A BETTER BREAKFAST

1. Start with some powerful, lean protein. It improves behavior, performance and enables us to stay focused throughout the morning. Here are a few suggestions:
  - Yogurt or cottage cheese
  - Milk or soy milk
  - Eggs or egg whites
  - Peanut or almond butter
  - Low fat cheese (cream cheese doesn't count as a cheese)
2. Add in some whole grains. They add fiber and extra nutrients, and take longer to digest, allowing us to feel fuller for longer.
  - Oatmeal
  - Granola
  - Other whole grain cereals (steer away from the sugary ones)
  - Whole wheat toast, whole wheat English muffins, blueberry muffins or waffles
3. Don't forget the fruits and possibly vegetables. Fresh is always a good start, but frozen fruit can be added to smoothies and other beverages.
  - Berries of any kind
  - Bananas, melons, mangos, apples, pineapple
  - Pure 100% fruit juices, but try to limit to ½ cup
  - Vegetables are great mixed into scrambled eggs or an omelet.
4. Hydration: Make sure you get at least 8 oz of fluid: juice, water, coffee or tea, to name a few
5. Make it part of your routine
  - Get organized the night before
  - Keep it simple
  - Pack a breakfast to go if you know you won't have time to sit down and eat
6. Some breakfast ideas:
  - Instant oatmeal made with milk or soy milk. Toss in some dried fruit and nuts
  - Make a yogurt parfait with low fat yogurt, granola and cut up fruit
  - Make a breakfast smoothie with yogurt and/or milk or soymilk, fruit and even nut butter or other protein source
  - Whole grain toaster waffle with Greek yogurt and fruit
  - Whole wheat English muffin with almond or peanut butter and banana
  - Scrambled eggs /egg whites with vegetables, salsa and low fat cheese in a whole wheat tortilla
  - Whole grain cereal with fruit and milk or soy milk
  - Homemade whole wheat muffin with fruit (apples or berries for example) in it