

## Ideas for a Healthy Breakfast

Just Grab and go!

- 2 slices of whole grain toast with mozzarella cheese. Add tomato slice & oregano, too.
- A cup of cereal with 8 g sugars or less and 3g fiber or more.
  - If you're in a rush put it in a to go bag or container
  - Add frozen blueberries or raspberries
- A cup of warm cereal, prepared with water or low fat milk like: oatmeal, or cream of wheat (farina). Add raisins, instead of sugar or diet sugar.
- **STRAWBERRIES**
- BANANA
- WHOLE WHEAT BREAD WITH JAM
- A CUP OF MILK- DAIRY, SOY, ALMOND OR RICE
- A smoothie- just add a banana, strawberries, low fat milk and ice into a blender and enjoy!
- 2 HARD BOILED EGGS
- **YOGURT (FAT IN DAIRY IS OK, WATCH FOR LOTS OF SUGAR)**
- GRANOLA BAR
- **ORANGE**
- **FROZEN GRAPES**
- **GREEN APPLE**
- **GRAPEFRUIT**
- HANDFUL OF ALMONDS, WALNUTS OR TRAIL MIX
- WHOLE GRAIN CRACKERS W/ CHEESE
- WRAP A SLICE OF WHOLE WHEAT BREAD AROUND A STICK OF STRING CHEESE

**ANY breakfast is better than NO breakfast.**

LOVE YOURSELF