

IDEAS FOR A HEALTHY BREAKFAST

Just grab and go!

- Two slices of wholegrain toast with mozzarella cheese. Add sliced tomato and oregano.
- 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, such as oatmeal or cream of wheat (farina). Add raisins instead of sugar.
- Strawberries
- Banana
- Whole-wheat bread with jam
- A cup of milk—dairy, soy, almond, or rice
- A smoothie—just blend a banana, strawberries, low-fat milk, and ice and enjoy!
- Two 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 with cheese
- Wrap a slice of whole-wheat bread around a stick of string cheese

ANY breakfast is better than NO breakfast.