

Healthy Eating: Change Up Your Breakfast!¹

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Are you tired of eating the same breakfast every day? Try a few of the ideas below and maybe you'll find a new favorite!

Top a whole-wheat waffle with low-fat vanilla or plain yogurt and slices of your favorite fruit.

Build an egg sandwich using a whole-wheat English muffin, a hard-cooked or scrambled egg, and low-fat cheese.

Spice up your morning with a breakfast taco! Put scrambled eggs, low-fat cheese, and your favorite salsa in a whole-wheat tortilla.

Top a whole grain bagel with low-fat cream cheese and fresh fruit such as strawberry or peach slices.

Mix low-fat yogurt or cottage cheese with pineapple chunks, berries, or peach, apple, or mango slices. Add chopped nuts or granola for a crunch.



Figure 1. Top a whole grain bagel with low-fat cream cheese and fresh fruit such as strawberry or peach slices. Credits: Carissa Rogers CC2.0 <http://bit.ly/9FvPhg>

Add chopped nuts, a pinch of brown sugar, and banana or peach slices or blueberries to your oatmeal.

Make a breakfast smoothie with low-fat milk or yogurt and fresh or frozen fruit.

If you aren't in the mood for typical breakfast foods try one of these ideas:

- Leftovers from dinner

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- A toasted peanut butter and banana sandwich
- A grilled cheese, tomato, and spinach sandwich
- Your favorite soup
- A tortilla wrap with turkey, low-fat cheese, lettuce, and another favorite veggie
- Rice with cooked vegetables
- Trail mix with nuts, pretzels, dried fruit, and other favorites



Figure 2. You can mix low-fat yogurt with fruit for a light breakfast. Add wheat germ, crushed cereal, or chopped nuts for a more complete meal.

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