

BREAKFAST

Easy Solutions to Common Problems with Making This Morning Meal Happen

No time for breakfast?

No problem! Here are some quick fixes that you can eat on your way to school, work, or wherever.

- ◆ **Banana** (or other piece of fruit) **and a carton of low fat yogurt** (or one string cheese). Easy to grab and eat on the go.
- ◆ **Dried fruit & nuts.** Raisins, dried cranberries, peanuts, almonds, cashews.... Pre-packed in small plastic bags, these are ready to get tucked in your pocket.
- ◆ **Whole grain toast, bagel, or English muffin.** Spread with peanut butter or low fat cream cheese, and wash down with a glass of low fat milk.
- ◆ **Graham crackers.** These taste great with a thin layer of peanut butter.
- ◆ **Blender drink.** Whip together juice, fruit, & low fat yogurt for a quick smoothie on the run.

Not hungry in the morning?

Easy solution!

- ◆ Carry a snack in your backpack, purse, or briefcase to eat a little later in the morning (when your tummy wakes up).
- ◆ Try these great snack foods:
 - Whole grain granola or energy bar (e.g. Nature Valley or Clif bar)
 - Whole grain dry cereal (e.g. mini Shredded Wheat, Cheerios, etc.)
 - Fresh or dried fruit, string cheese, and/or unsalted nuts

Don't like breakfast foods?

Who says you have to eat cereal, toast, & eggs? Check out these ideas for breakfast:

- ◆ leftover pizza (vegetarian with light cheese)
- ◆ a peanut butter & jelly sandwich
- ◆ a cottage cheese "sundae" with sliced fruit & sunflower seeds
- ◆ a quesadilla made with low fat cheese

Skipping breakfast to save calories?

Bad move!

- ◆ If you skip breakfast, you are more likely to be overly hungry later. And then, you're more likely to overeat at lunch and/or dinner. No calories saved!
- ◆ People who regularly eat breakfast are more likely to maintain a healthy weight than those who don't.