



Healthy Breakfast Ideas

Core Elements of a Healthy Breakfast					
Complex Carbohydrate	Protein	Calcium	Fruit	Vegetable	Fat
4-8 whole grain crackers	2 Tbsp soynut or peanut butter	8 ounces kefir (similar to liquid yogurt)	½ cup applesauce	¼ cup dried vegetable chips	Soynut butter
2 slices of 100 % whole grain bread (whole wheat, rye, oat)	2-3 ounces lunch meat (turkey, lean ham, chicken, & roast beef)	2 slices American cheese	Medium apple	Handful of cut up vegetables	¼ cup vegetable dip
Granola or energy bar (Nature Valley, PowerBar)	Handful of nuts (walnuts, soynuts)	1 part-skim mozzarella cheese stick	¼ cup dried fruit (raisins, apricots, raisins)	6 ounces V-8	Granola and nuts
Whole grain pita pocket	2-3 Tbsp hummus	8 ounces yogurt	Medium orange	¼ red pepper	Hummus
1 whole grain bagel	2 ounces leftover chicken	8 ounces calcium-fortified soymilk	½ cup canned fruit (in its own juice or light juice)	Handful of carrot sticks	2 Tbsp cream cheese
1 medium bran muffin	Egg white omelet (1 whole egg, 1-2 egg whites)	8 ounces calcium-fortified orange juice	17 grapes	½ cup steamed spinach	1 ounce feta cheese and 1 tsp margarine spread
Whole grain tortilla	2 ounces sliced turkey	2 ounces shredded mozzarella cheese	6 ounces of 100 % fruit juice	¼ cup salsa	Guacamole and cheese
1 individual serving box of whole grain cereal	1 hard boiled egg	8 ounces lowfat milk	2-3 Tbsp dried raisins	tomato juice (the small cans are great on the road)	Egg yolk
½-1, 100 % whole grain English muffin	1 Tbsp peanut butter	8 ounces strawberry milk (mix with fruit to make smoothie)	1, 4-inch banana	Handful of zucchini strips	Blend 1-2 Tbsp walnuts into smoothie

- Mix and match ideas or read one line straight across for an acceptable breakfast. Not all items listed will be available as some are seasonal, simply choose another option from that core element column. Water may accompany breakfast.

