

Building a Balanced Breakfast

Breaking Bad Habits

- Do you have a habit of stopping at a drive thru for breakfast or skipping breakfast? Fast food breakfast items are often loaded with sodium, saturated fat (unhealthy fat), and too many calories that will leave you feeling sluggish during your busy day.
- Research shows that those who skip breakfast are more likely to reach for empty calorie snacks (chips, candy, etc.) and overeat at meals.



Benefits of a Healthy Breakfast

- Having a healthy breakfast will save you money but also give you the fuel to tackle your day.
- Research has shown that having a balanced breakfast can help you reach your weight management goals and improve your energy throughout the day.

How do I Build a Balanced Breakfast?

- Incorporate a healthy protein and carbohydrate source to create a balanced breakfast. The combination of protein and fiber from the healthy carbohydrate will keep your blood sugar stable and leave you feeling energized during the busy morning.
- A simple breakfast would be an apple paired with a whole wheat English muffin (healthy carbohydrates) topped with two tablespoons of peanut butter (protein).
- Below are examples of healthy protein and carbohydrate sources.

Protein

- 1 to 2 tablespoons of peanut butter
- 1/4 cup of unsalted pecans, almonds, walnuts, etc.
- An egg
- One cup of unsweetened soy milk
- One cup of low-fat milk or yogurt
- 1/2 cup low-fat cottage cheese

Healthy Carbohydrates

- A piece of fruit (small banana) or 1 cup sliced fruit (pineapple)
- 1/2 cup canned fruit packed in 100% juice or water
- 1/4 cup of no sugar added dried fruit (raisins)
- 1 to 2 slices of whole wheat bread or a whole wheat english muffin
- 1/2 cup plain oatmeal
- 1 cup whole grain cereal (plain Cheerios)

Breakfast Barriers

- Plan your breakfast for the week before you go grocery shopping. Check the sales ad and plan your meals around items that are on sale.
- Buy a variety of breakfast foods to have at home like plain instant oatmeal, fruit, and low-fat milk.
- Make your own healthy grab-n-go breakfast items such as an apple with a low-fat string cheese.
- Prepare hard-boiled eggs on the weekends to have with a serving of fruit (pear) during the work week.
- Make a peanut butter sandwich with whole wheat bread the night before for a simple meal.

Energizing Breakfast Ideas

- One cup of low-fat Greek yogurt, ½-1 cup of sliced fruit of your choice, and ¼ cup granola
- Plain oatmeal with a sliced banana, ¼ cup unsalted walnuts, and a pinch of cinnamon
- Grab a piece of fruit and a small handful of nuts (almonds) for a simple and nutritious breakfast.
- Build your own breakfast sandwich using a whole wheat English muffin topped with an egg and one slice of low-fat cheese. Pair the sandwich with a piece of fruit.



Healthy Recipe: Overnight Oats

Ingredients

- 1/2 cup uncooked rolled oats
- 1/2 cup low-fat milk or unsweetened soy milk (or less for thicker oatmeal)
- 1/4 cup plain or reduced sugar, low-fat Greek yogurt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1/4 cup frozen no sugar added raspberries, blueberries, or strawberries

Directions

1. Combine milk, Greek yogurt, sugar, cinnamon and vanilla extract in a container or jar with a lid.
2. Add oats and mix well. Gently fold in raspberries.
3. Cover and refrigerate 8 hours to overnight. Enjoy cold or heat as desired. Recipe adapted from MyPlate.

Nutrition

Serves one

~300 calories, 5g fat (2g saturated fat), 47g carbohydrates, 4g fiber & 15g protein