



UGA Healthy Eating extension

Breakfast Tips and Ideas

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Based on
information from
the Academy of
Nutrition and
Dietetics

Contact your local office at



- **Breakfast can provide a third of a person's nutrients for the day.**
- **Those that eat breakfast tend to maintain a healthier weight.**
- **Breakfast gives you more energy and jump starts your metabolism.**
- **When students eat breakfast, they think better and have higher grades than students who skip breakfast.**

1. Start with a healthy protein. An egg, low fat cheese, nuts, or low-fat yogurt.

2. Add whole grains. Oatmeal, whole grain toast, whole grain dry cereal, or whole grain muffin.

3. Add a fruit. Banana, apple, orange, grapefruit, grapes, peach or melon.

4. Make it a routine. Plan ahead, keep it simple, get it ready the night before.



On the Go:

- Breakfast smoothie made with non-fat milk or yogurt, frozen strawberries and a banana
- Peanut butter on a whole wheat tortilla, add a banana, and roll it up
- Whole wheat pita with a sliced, hard-cooked egg and shredded low-fat cheese

At Home:

- Instant oatmeal made with non-fat milk, raisins and walnuts
- Fruit parfait layered with fat-free yogurt, cereal, and berries
- A whole-grain English muffin, with lean ham and low-fat Swiss cheese
- Low-fat cream cheese on a toasted whole-grain bagel topped with sliced strawberries
- A toaster waffle topped with low-fat yogurt and fruit
- A breakfast burrito filled with eggs, black beans, peppers and salsa



For more breakfast ideas and tips visit:
www.eatright.org

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