

# Building A Healthy Breakfast

## Why should I eat breakfast?

It will wake you up and provide energy for the day's activities. It will also kick start your metabolism to maintain a healthy weight. This way you can...

- Pay attention in class and do your best...mom and dad will be proud!
- Avoid falling asleep on your desk...embarrassing!
- Have energy for your favorite sport or other physical activity!
- Stay alert and focused to remember all your lines at play rehearsal or the details for that big test!
- Look and feel good because you will be practicing a healthy habit!

## What goes into a healthy breakfast?

Choose foods from 3-4 food groups to create a balanced meal. Try mixing and matching some of these foods and see what you come up with!



<u>Fruits</u>	<u>Vegetables</u>	<u>Meats, beans and nuts</u>	<u>Dairy</u>	<u>Grains</u>
Apples	Broccoli	Almonds	Cheddar cheese	Bagel
Banana	Carrots	Black Beans	Cream Cheese	Cereal
Blueberries	Onions	Canadian Bacon	Feta	English muffin
<b>Cranberries</b>	Peppers	Hard Boiled Eggs	Fresh mozzarella	<b>Granola</b>
Orange Juice	Spinach	Ham	Greek yogurt	Oatmeal
Strawberries	Tomatoes	Peanut Butter	<b>Low fat milk</b>	Toast
		Scrambled Eggs	Yogurt	Wrap
		Turkey Bacon		



**This balanced breakfast has 3 food groups:  
Granola with cranberries low fat milk**

Granola= Grain group  
Cranberries= Fruit group  
Low fat milk= Dairy group

Create your own breakfast combinations using 3-4 food groups!

Day 1

Food group 1: \_\_\_\_\_

Food group 2: \_\_\_\_\_

Food group 3: \_\_\_\_\_

Food group 4: \_\_\_\_\_

Day 2

Food group 1: \_\_\_\_\_

Food group 2: \_\_\_\_\_

Food group 3: \_\_\_\_\_

Food group 4: \_\_\_\_\_

### What if I don't have time?

Breakfast can be quick and easy, here are a few simple ideas so you can just grab it and go...

#### Strawberry Nut Waffle

1 whole grain frozen waffle with peanut butter and sliced strawberries

#### Trail Mix

Mix whole grain cereal with nuts and dried fruit

#### Italian Muffin

Whole grain English muffin with mozzarella cheese and sliced tomatoes

#### Greek Parfait

Greek yogurt with granola or other whole grain cereal and fruit

#### Breakfast Snacks

Apple with 2 slices low fat cheddar cheese and a handful of walnuts  
OR whole grain crackers with peanut butter and a glass of orange juice

#### Fruit Smoothie

Smoothie made with low-fat milk, your favorite yogurt and fruit

#### Bananas and Cream

Cream of wheat with brown sugar and sliced banana

#### Breakfast Burrito

Scrambled eggs (microwave) with low-fat cheddar and salsa on a whole grain tortilla

#### Check out these useful websites for more information:

Teen Health: <http://www.kidshealth.org/teen/>

Teen Nutrition: <http://fnic.nal.usda.gov/> Go to → lifecycle nutrition → adolescence

Healthy meal ideas: <http://www.helpguide.org/> Go to → eating & diet → healthy recipes