

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
Cranberries	Peppers	Hard Boiled Eggs	Fresh mozzarella	Granola
Orange Juice	Spinach	Ham	Greek yogurt	Oatmeal
Strawberries	Tomatoes	Peanut Butter	Low fat milk	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