

Quick and Healthy Breakfast Ideas

Lexington-Fayette County Health Department

Eat Fast, Eat Healthy!

Breakfast is the most important meal of the day because it gives you energy for the rest of the day. Even though it's important, many people skip breakfast because they don't have time to prepare nutritious meals in the morning.

Eating a good breakfast can...

- ◆ Keep you from overeating later in the day.
- ◆ Keep you from feeling grumpy or "light headed"
- ◆ Help you concentrate better at school or work.

A nutritious breakfast can be easy to prepare on hectic mornings.

Sometimes family members need to eat breakfast in a hurry. They may even eat on the way out the door. At times like this it is tempting to skip breakfast, pick-up fast food or convenience foods. A healthy breakfast doesn't have to take a long time. By planning ahead you can have an inexpensive healthy meal in minutes!

Fast food restaurants and ready made convenience foods can be expensive. Also they are often low in fiber and high in fat, salt and added sugars.

Breakfast Ideas:

Plan ahead for breakfast in the morning. Fresh fruits are healthy and easy to eat. Pre-bagged fruit can be a real time saver! Low-fat granola bars and nonfat yogurt are great to grab-and-go! Try some of these other ideas:

- ◆ Whole grain cereal with 1% or less milk and a sliced banana.
- ◆ Whole wheat toast with peanut butter and small glass of juice.
- ◆ Muffin, 1% or less milk and a piece of fresh fruit.
- ◆ Breakfast shake (see recipe) and bagel or toast. Use only a small amount of butter or margarine.
- ◆ Whole grain waffle with lite syrup or applesauce.
- ◆ Oatmeal or other hot cereal. Add a handful of raisins, some chopped apple and a sprinkle of cinnamon to the mix.



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Fruits Galore

A healthy breakfast includes fruit, which is an excellent source of fiber. It's a great idea to stock up on fiber first thing in the morning to help keep your body running smoothly for the rest of the day. Try cutting up all your favorite fruits to make a fresh and tasty fruit salad, and eat as is or add yogurt, honey or almonds for more flavor and crunch. You can also use fruit as a topping for just about everything, from cereal and instant oatmeal to pancakes and waffles.

Quick Spreads

Pop a slice of whole grain bread or a bagel in the toaster and top with cheese and apple, pear slices, cream cheese with sliced bananas, berries or raisins. If you're in a real hurry wrap one of the toppings in a flour tortilla to make a breakfast burrito.

Pizza for Breakfast?

How does dinner food for breakfast sound? Just grab an English muffin and add pizza sauce and low-fat mozzarella cheese, as well as fresh tomatoes, mushrooms and green peppers. Microwave it for a couple of minutes until the cheese melts and you're all set.

Breakfast Smoothies

Smoothies are one of the easiest—not to mention yummiest—healthy breakfast choices. There's no need to add sugar because fruits contain natural sugars that will sweeten your drink. You can use different fruits and juices. Try strawberries and apple juice or peaches and orange juice. Adding low-fat milk or yogurt makes it creamy and it's a great source of calcium.

Sunrise Smoothie

1 Frozen banana

(Peel a banana ahead of time, chop into pieces, put it in a bag and freeze)

1/3 cup orange juice

1/2 cup of 1% or skim milk

Put the frozen fruit, orange juice and milk into a blender. Blend until smooth. If you forgot to freeze the fruit ahead, add an ice cube.



Breakfast Foods Shopping Guide

- ◆ Whole Grain Cereal
- ◆ Fresh Fruit
- ◆ Instant Oatmeal
- ◆ 1% or Less Milk
- ◆ Low-fat Granola Bars
- ◆ Low-fat Yogurt
- ◆ Bagels
- ◆ 100% Fruit Juice
- ◆ Whole Wheat Waffles
- ◆ Raisins (or other dried fruit)
- ◆ Whole Wheat Toast
- ◆ Peanut Butter