Tips to a Better Breakfast

A Nutritious Breakfast...

Why is it important?

- Skipping breakfast in an effort to lose weight can **backfire**. Those that skip breakfast tend to eat more food than usual at the next meal, or snack on high-calorie foods to curb their hunger.
- Research shows that eating breakfast is associated with a lower Body Mass Index (BMI), can reduce impulsive snacking, and can prevent overeating at other meals throughout the day.
- Eating a carbohydrate-controlled breakfast can be an effective strategy for improving glycemic control in those with type 2 diabetes.

Breakfast revs up your metabolism!

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**Breakfast Tips**

- **Start with some powerful protein**
  Go lean with protein choices: eggs, slice of deli meat or cheese, low-fat yogurt, or peanut butter
- **Add in nutrient-rich whole grains**
  Fiber-filled foods tend to digest more slowly for longer lasting energy. Try whole-grain cereals like oatmeal and 100% whole wheat breads, bagels, or tortillas.
- **Go fresh with fruits and vegetables**
  Go with fresh fruit: bananas, kiwi, pears, apples, melon, or whatever is in season. Blueberries and strawberries are great in yogurt. Chopped vegetables such as peppers, onions, tomatoes, mushrooms, and spinach can be added to an omelet or breakfast burrito.
- **Make it Routine**
  Get organized the night before—set out equipment or prepare fruits or vegetables before going to bed. Keep it simple or pack your breakfast to go on busy days. Having a bowl of oatmeal or grabbing a piece of fruit and yogurt can be time savers.

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**Breakfast Ideas**

- **Breakfast burrito** with eggs, beans, cheese, and veggies in a whole wheat tortilla
- **Yogurt parfait** with fruit such as strawberries, blueberries, and/or raspberries, low-fat yogurt and granola.
- **Oatmeal** with a variety of mix-ins: milk, peanut butter, flaxseed, walnuts, sliced almonds, blueberries, banana slices, honey, cinnamon, etc.
- **Omelet** with peppers, tomatoes, onions, mushrooms, spinach, cheese, etc. Be creative!
- **Breakfast sandwich** with eggs, turkey or ham, cheese, tomato, onion, etc on whole wheat bagel thins, English muffins, or sandwich thins.

All of these ideas can be adjusted to your preferences—be creative and make a tasty masterpiece for your morning meal!