

Breakfast Tips to Start Your Day

Use **My Plate** to help make your choices for Breakfast. Pick at least one food from two or more food groups.

Ideas to get you going...

- Creamy oatmeal (cooked in fat-free milk) - 1/2 c. uncooked oatmeal + 1 c. fat-free milk + 2 Tbsp. raisins + 2 tsp. brown sugar. Serve with 1/2 c. orange juice
- Smoothie - 1/2 c. fat-free milk + 1/2 c. fat-free yogurt + 1/2 banana + fresh strawberries or mango. Blend in a blender and enjoy! Add a piece of whole-wheat toast with peanut butter for a balanced meal
- Breakfast burrito - small flour tortilla + 1/3 c. black beans + grated cheese + 1 scrambled egg. Serve with 1 c. fat-free milk or 1/2 grapefruit for a balanced meal
- Cold cereal - 1 c. oat cereal + 1 sliced banana + 1/2 c. fat-free milk. Serve with 1 slice of whole-wheat toast with peanut butter
- French Toast or Pancakes - 2 slices whole-wheat bread or 2 small pancakes. Serve with 1/2 grapefruit and 1 c. fat-free milk
- English muffin + 1 Tbsp. fruit preserves. Serve with 1 hard-cooked egg + 1 c. fat-free milk and fresh fruit
- Fat-free yogurt with fresh fruit + bagel with light cream cheese or jelly
- Two scrambled eggs + 1/2 English muffin with 1 Tbsp. fruit preserves. Serve with 1 c. milk and fresh fruit

Why eat breakfast?

Breakfast helps get you going in the morning. Kids who eat breakfast have been found to do better in school.

You may be thinking... "I do not have time for breakfast."

Try getting up 15 minutes early to eat breakfast. Eat leftovers or foods made the night before to save some time.



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