



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Smart Tips to Power Up with Breakfast

Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy whole grain cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.



Microwave Denver Scramble Slider

(Makes 1 serving)

Ingredients:

- 1 tablespoon chopped onion
- 2 tablespoons chopped red or green bell pepper
- 1 egg
- 1 tablespoon water
- 1 thin slice deli ham (chopped)
- 1 slider-size bun or whole wheat English muffin (split and toasted)

Directions:

1. Place pepper and onion in an 8 oz ramekin or custard cup or small bowl. Microwave on high for 30 seconds and stir.
2. Add egg, ham and water. Beat until egg is blended.
3. Microwave on high for 30 seconds and stir. Microwave until egg is almost set, 30 to 45 seconds longer.
Note: Scrambled eggs will continue to cook and firm up after removed from the microwave.
4. Season with salt and pepper if desired. Serve in bun.

Nutrition Information per serving:

Calories: 240
Total Fat: 6 g
Saturated fat: 2 g
Sodium: 550 mg
Protein: 16 g
Total Carbohydrate: 29 g
Dietary Fiber: 4 g

Source:

*Meeting Your MyPlate Goals on a Budget Toolkit
by MyPlate National Strategic Partners;
MyPlate Kitchen, formerly What's Cooking?
USDA Mixing Bowl*

If your taste buds just don't crave traditional breakfast foods, try these choices:

- Peanut butter and banana sandwich on whole-grain bread
- Leftover veggie pizza
- Deli turkey, a slice of low-fat cheese and lettuce wrapped in a whole wheat tortilla
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.
- Corn tortilla with mashed avocado, black beans, salsa, and low-fat shredded Cheddar cheese

Power up with a healthy breakfast and you're off to a great start!

Find more healthy eating tips at:

www.kidseatright.org

www.eatright.org/nutritiontipsheets

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit

www.eatright.org.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by: