Eat Right

Food, Nutrition and Health Tips from the American Dietetic Association

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 milk instead of water. Mix in raisins or dried cranberries. Top with chopped walnuts.
- Layer low-fat yogurt with your favorite crunchy cereal and sliced fruit or berries.
- Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
- Top a bowl of whole-grain cereal with blueberries, sliced peaches or any favorite fruit. Pour on low-fat or fat-free milk.
- Top a toaster waffle with low-fat yogurt and fruit.
- 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 almond butter on a whole-grain toasted bagel. Top with apple slices.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.

Springtime Cereal

Makes 2 servings

¾ cup wheat and barley nugget cereal
¼ cup 100% bran cereal
2 tsp toasted sunflower seeds
2 tsp toasted almonds, sliced
1 Tbsp raisins
½ cup bananas, sliced
1 cup strawberries, sliced
1 cup raspberry or strawberry yogurt, low-fat

Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds and almonds in a medium bowl. Add raisins, bananas and half of the strawberries. Gently stir in the yogurt and divide between two bowls. Scatter the remaining strawberries over the top and enjoy!

Nutrition information per serving:
Calories: 352
Fat: 6 g
Saturated fat: 1 g
Carbohydrate: 69 g
Sodium: 272 mg
Fiber: 8 g

With light yogurt (sugar substitute):
Calories: 268
Fat: 5 g
Saturated fat: 0 g
Carbohydrate: 53 g
Sodium: 263 mg
Fiber: 9 g

Recipe from A Healthier You: Based on the Dietary Guidelines for Americans *©2005 U.S. Department of Health and Human Services.*

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

- 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 tortilla.
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.

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

For a referral to a registered dietitian and for additional food and nutrition information visit www.eatright.org.

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The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

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