### BALANCED BREAKFAST ON THE GO

**BREAKFAST CAN BE HELPFUL IN THESE WAYS:**
- provide energy
- improve alertness
- increase the ability to remember and learn
- manage weight
- increase your overall vitamin & mineral intake

Create an easy and quick balanced breakfast by choosing options from 2 or 3 of the food groups below.

<table>
<thead>
<tr>
<th>Whole Grains</th>
<th>Fruits and Vegetables</th>
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<tbody>
<tr>
<td>» Whole grains provide more fiber, vitamins and minerals than enriched or refined grains.</td>
<td>» Fruits and vegetables provide many phytonutrients that help our body fight disease.</td>
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<td>» Look for whole grains listed as the first ingredient such as oats or whole wheat flour.</td>
<td>» The fiber in fruits and vegetables can help you feel full.</td>
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|   • Whole grain breads, including English muffins and mini-bagels |   • Fresh fruit or vegetables  
   • Oatmeal  
   • Whole grain pancakes  
   • Whole grain granola bar or cereal |   • 100% fruit juice (6 oz. or less)  
   • Canned fruit with no sugar added  
   • Lower sodium vegetable juice |

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<th>Low Fat Dairy</th>
<th>Protein</th>
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<td>» Calcium and vitamin D in dairy products are important for good bone health.</td>
<td>» Lean protein helps your body have more energy by controlling blood sugar.</td>
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<td>» The protein in dairy can help sustain energy and keep hunger at bay.</td>
<td>» Protein can also help keep you satisfied when included in a meal or snack.</td>
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|   • Skim, 1/2% or 1% milk  
   • Low fat yogurt  
   • Low fat cottage cheese  
   • Calcium-fortified soy or rice milk/yogurt |   • Eggs or egg whites  
   • Nuts (1/8 cup)  
   • Nut butters (peanut, almond, etc.)  
   • Lean meats, poultry or fish |
QUICK AND EASY IDEAS TO GET YOU STARTED*

• Whole wheat English muffin with peanut butter (1 Tbsp.) and banana.  
 330 calories, 10g fat, 2g saturated fat, 8g fiber, 310 mg sodium, 10g protein, 57g carbs

• Instant oatmeal prepared with hot water in a thermos with a piece of fruit and 1/8 cup chopped walnuts. 310 calories, 12g fat, 1.5g saturated fat, 8g fiber, 0 mg sodium, 10g protein, 45g carbs

• Low fat yogurt (1 cup) topped with low fat granola (1/2 cup).  
350 calories, 7g fat, 3g saturated fat, 6g fiber, 290 mg sodium, 20g protein, 56g carbs

• High fiber granola bar, unsweetened fruit (1/2 cup) and 2 light string cheeses.  
270 calories, 10g fat, 5g saturated fat, 11g fiber, 480 mg sodium, 19g protein, 33g carbs

• Peanut butter (1 Tbsp.) and jelly (1/2 Tbsp.) sandwich on whole wheat sandwich thin and low fat milk (1 cup). 320 calories, 12g fat, 3.5g saturated fat, 3g fiber, 300 mg sodium, 15g protein, 40g carbs

• Smoothie with low fat yogurt (1 cup), frozen fruit (1/2 cup) and light soy milk (1 cup).  
270 calories, 6g fat, 2.5g saturated fat, 3g fiber, 290 mg sodium, 19g protein, 35g carbs

• 2 poached eggs on whole wheat mini-bagel and an apple.  
320 calories, 9g fat, 3g saturated fat, 7g fiber, 450 mg sodium, 15g protein, 45g carbs

• Low fat cottage cheese (1/2 cup) with unsweetened fruit (1/2 cup) and whole grain cereal (1 cup). 320 calories, 2.5g fat, 1g saturated fat, 7g fiber, 430 mg sodium, 17g protein, 67g carbs

• High fiber cereal (1 cup) and low fat milk (1 cup) in a thermos and 10 almonds.  
350 calories, 10g fat, 2.5g saturated fat, 7g fiber, 260 mg sodium, 16g protein, 55g carbs

• Breakfast burrito (6 inch whole wheat tortilla) with 2 scrambled eggs, sautéed onions and peppers and 2 Tbsp. reduced fat cheese.  
360 calories, 22g fat, 7g saturated fat, 3g fiber, 460 mg sodium, 19g protein, 25g carbs

• Whole grain crackers (1 oz.), spreadable light cheese (1.5 oz.) and grapes (1 cup).  
330 calories, 10g fat, 3.5g saturated fat, 4g fiber, 520 mg sodium, 16g protein, 47g carbs

• Whole wheat sandwich thin with vegetarian “sausage” (1 oz.), spinach and tomato along with low fat milk (1 cup). 260 calories, 6g fat, 2g saturated fat, 5g fiber, 490 mg sodium, 20g protein, 33g carbs

* Nutrition will vary depending on specific foods chosen.