

## As Easy As 1, 2, 3!

A healthy, satisfying breakfast contains complex carbohydrates and fiber, as well as lesser amounts of lean protein and fat for staying power. Pack your pantry with whole foods like fruit, nuts and nut butters, low-fat dairy or soy products, and whole grains. With a little imagination, breakfast may become your favorite meal!

### Rise & Shine For Breakfast

- Skip muffins, scones, pastries, and donuts, which pack lots of fat, sugar, and calories and can leave you feeling sluggish.
- Slim your waistline by passing up the bacon, sausage, and buttery breakfast breads.
- Add a banana, raisin pack, or 100% juice to your morning, or make a smoothie with 1/2 cup of your favorite fruit, 1 cup of lowfat yogurt and 1 Tbsp. of orange juice concentrate.
- For a protein boost, try yogurt, cottage cheese, string cheese, a poached egg, peanut butter, soy sausage, or a handful of nuts. These healthful protein sources will help you feel fuller longer.
- Give your breakfast a facelift by tossing veggies into an omelet, spooning salsa on eggs, or drinking carrot or tomato juice.
- Think outside the (cereal) box and try baked sweet potato home fries, breakfast burritos made with seasoned tofu and black beans, or whole grain waffles with soy bacon.

### Wake-Up Call...

1 cup wheat flakes cereal | = **255 calories**  
1 cup skim milk  
1 piece of medium fruit

Sausage, egg, | = **530 calories**  
and cheese croissant

16-oz. Mocha | = **820 calories**  
1 chocolate chip muffin



### Java Sense...

Sure, coffee has no calories, but a 12-oz. cup with cream and sugar has 150 calories and 7 grams of fat. It adds up! Try it unsweetened with low-fat milk and save 100 calories and 5 grams of fat.

### Eating On The Go...

**Try a breakfast bar.** Choose those made with whole grains and fruit, with 3 grams of fat or fewer and 5 or more grams of fiber.

**Tote along instant hot cereal.** All you need to do is add hot water. Some are even available in a serving cup! Buy plain oatmeal and sweeten with fresh or dried fruit.

**Bagel beware.** A typical bagel packs up to 400 calories -- and that's before the cream

cheese! Each tiny 1-oz. tub adds another 100 calories and 10 grams of fat.

For a healthier spread, opt for 1/2 whole grain bagel with some light cream cheese and tomato, or with some peanut butter and jam.



**Stuck on cereal?** Look for cereals with 5 or more grams of fiber per serving.