

Healthy Eating: Breakfast Ideas



What makes a healthy breakfast?

A healthy breakfast, such as one with fruit, whole grains, nuts, and low-fat milk, can give you energy and help you avoid eating too much later when you get hungry. Keep healthy ingredients on hand and some ready-made portions in the refrigerator, and you can have a healthy morning meal even when you're pressed for time.

Quick breakfast ideas

- Make a large batch of oatmeal ahead of time to keep in the refrigerator. Heat a serving of the oatmeal in the microwave and add low-fat milk, a little brown sugar, cinnamon, and banana slices.
- Make a fruit salad with sliced oranges, raisins, grapes, and berries, and keep it in the refrigerator. Add a handful of nuts before eating.

- Mix fresh or frozen berries or dried fruit with low-fat yogurt. Top with sliced almonds and high-fiber cereal.
- Spread low-fat cream cheese on a whole-grain bagel. Sprinkle sunflower seeds and raisins on top of the cream cheese for extra flavor.
- Combine honey and peanut butter or almond butter and keep a jar of it in the refrigerator. Spread the nut butter mixture on whole-grain toast.
- Mix fresh or frozen fruit, fruit juice, and yogurt in a blender to make a smoothie.

Breakfast when you have more time

- Make French toast using whole-wheat bread. For the batter, mix skim milk with eggs. (If you have cholesterol concerns, use egg substitutes or two egg whites and one yolk.) After cooking, sprinkle with a little brown sugar and cinnamon, and top with banana slices and a little peanut butter.
- Make whole-grain or buckwheat pancakes and top with fruit.
- Make an omelette or scrambled eggs with lots of veggies. Add green or red peppers, onions, and fresh or frozen peas, broccoli, or spinach. Top with a sprinkle of low-fat cheese.
- Top a corn tortilla with beans, poached eggs, green chiles, salsa, and nonfat sour cream.
- Make oat bran muffins and add walnuts and dried cranberries before baking.

