

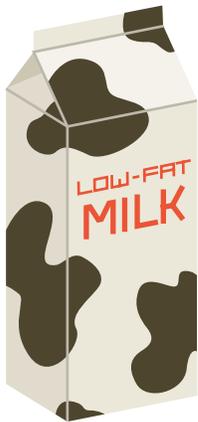


HEALTHY BREAKFASTS

Eating a healthy breakfast every morning is possible, even when you're eating on a budget. Here are some tips and tasty breakfasts to try.

Planning a Healthy Breakfast

- ▶ For a balanced breakfast, try to include foods from at least 3 of these food groups:
 - **Grains:** Whole grain choices include whole wheat bread, whole grain cereal, and oatmeal.
 - **Fruits:** Choose frozen fruit; canned fruit in water or 100% juice; dried fruit; or seasonal fresh fruit.
 - **Vegetables:** Breakfast is a good time to use up leftover veggies, or choose fresh or frozen types.
 - **Protein foods:** Choices include beans, lean meats, chicken, fish, tofu, and eggs. Eggs are one of the most budget-friendly and nutrient-packed protein foods.
 - **Dairy:** Choose low-fat or nonfat milk, yogurt, or cheese.
- ▶ Limit foods with **saturated fat** or **trans fat**. These fats can increase the risk of heart disease. Instead, use small amounts of healthy oils like olive or canola oil or soft (tub or squeeze) margarine that contain no *trans* fats.
 - Saturated fat is found in bacon, sausages, and other fatty meats; butter; whole milk; most cheeses; cream and half-and-half; coconut oil; palm oil; and palm kernel oil.
 - *Trans* fat may be found in stick margarine and other foods with partially hydrogenated oil as an ingredient.
- ▶ Limit **added sugars**. Syrups, fruit drinks, pastries, sugary cereals, and breakfast bars contain added sugars. To find out if sugar has been added, you can check the ingredient list to see if sugar is an ingredient. You may also find Added Sugar listed in the Nutrition Facts under the Total Carbohydrates.
- ▶ Stretch your dollars with the healthy breakfast ideas on the next page.



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRUIT SMOOTHIE

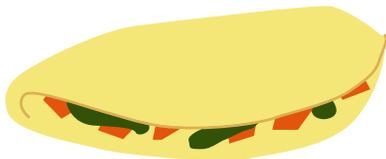
Blend bananas, berries, or other fruits with $\frac{1}{2}$ cup nonfat or low-fat yogurt and some milk. Add a tablespoon of peanut or almond butter for extra protein.

Food groups: Fruits, dairy, and protein foods

VEGETABLE OMELET

Add leftover cooked veggies, like broccoli, spinach, green peppers, and mushrooms, to a two-egg omelet. Top with shredded reduced-fat cheese, and add canned beans for extra protein.

Food groups: Protein foods, dairy, and vegetables



OATMEAL

Buy a large package of rolled oats instead of costly single-serve packages. Top cooked oatmeal with banana or apple slices, raisins, or dried apricots. Or add canned fruits packed in water or 100% juice. Mix in peanut butter or sprinkle with chopped nuts for added protein.

Food groups: Whole grains, fruit, and protein foods.

CEREAL AND MILK

Choose a whole grain cereal with fat-free or low-fat milk. Top with fresh, seasonal fruit. Buy whole grain cereals in bulk or as generic items.

Food groups: Whole grains, dairy, and fruits



BREAKFAST WRAP

Scramble an egg and wrap in a warmed whole-grain tortilla along with shredded, reduced-fat cheese. Add salsa or other veggies as desired.

Food groups: Whole grains, dairy, protein foods, and vegetables

YOGURT PARFAIT

Buy cups of fat-free yogurt on sale or purchase it in larger tubs. Alternate layers of yogurt, granola, and fresh or dried fruit. Low-fat, store-brand granola tends to be cheaper, or use coupons.

Food groups: Dairy, whole grains, and fruit

COTTAGE CHEESE BOWL

Buy low-fat cottage cheese in a tub. Top $\frac{1}{2}$ cup with fresh fruits like melon, pineapple, or grapes. Or add canned fruit (like peaches or pears) packed in water or natural juices. For added crunch and protein, sprinkle with your favorite nuts, such as almonds, walnuts, or pecans.

Food groups: Dairy, fruits, and protein foods

WHOLE GRAIN PANCAKES OR MUFFINS WITH EGGS

Save money by making your own pancakes or muffins. Choose recipes that use whole grains (like whole wheat flour), fat-free or low-fat milk, and healthy oils, like canola. Serve with fruit and balance it out with a hard-cooked or scrambled egg.

Food groups: Whole grains, fruit, and protein foods



BREAKFAST BAR

Purchase whole grain breakfast bars in bulk. Choose bars with whole grains and dried fruit as ingredients. For a balanced breakfast, also include plain, low-fat yogurt sweetened with fresh, canned, or frozen fruit.

Food groups: Whole grains, dairy, and fruits
