

Fuel up with Breakfast!

Why eat breakfast?

After a long night of sleeping, your fuel tank is empty. Breakfast provides the fuel your body needs to get moving in the morning! A healthy breakfast will help to jump start your metabolism and maintain a healthy weight. Some people think that skipping breakfast will help them lose weight, when in fact, not eating breakfast lowers your metabolism and encourages overeating the rest of the day.

Start your day off right! A healthy breakfast will help you be fuller longer. Be sure to include a protein and a carbohydrate source. Protein helps keep you satisfied and full, while carbohydrates give you energy. Choose one item from each column below to create a balanced, healthy breakfast!

Protein Source	Carbohydrate Source
String Cheese - Mozzarella	Apple, Orange, Banana, Grapes, etc.
Low fat peanut butter	Granola
Yogurt	Whole grain toast or English muffin
Hard boiled egg	Unsweetened, whole grain cereal
Cottage Cheese	Dried fruit (cherries, bananas, raisins, cranberries)
Low fat milk	Whole grain pita bread
Low fat lunch meat (turkey, chicken, ham)	Whole grain mini bagel
Nuts (almonds, walnuts, etc.)	Low sugar breakfast bar
Turkey bacon	Pancake or waffle



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When Choosing Cereal...

When choosing cereals, go for unsweetened, whole grain cereals. Look for the words “whole grain” or “whole wheat” in the ingredient list. You want to be sure that one of these words is included in the first 5 ingredients on the label to ensure that the product is a good source of whole grains.

Try the following tips:

- ✓ Add sugar sweetener (such as Splenda) to your whole grain cereal to sweeten the taste.
- ✓ Add fresh fruit to your whole grain cereal to provide additional taste and a variety of vitamins and minerals.

Easy Ideas for Eating on the Go:

- English muffin with low fat peanut butter and a glass of low fat milk.
- Yogurt smoothie with a breakfast bar.
- Cheese stick with a piece of fresh fruit
- No sugar added Carnation Instant breakfast with a glass of low fat milk.
- Whole grain toast with low fat peanut butter and a banana
- Yogurt with granola or nuts and a apple

Make these substitutions and save on calories!

Instead of:	Try:
Bagel	English muffin
Eggs	Egg whites or egg substitutes
Butter or margarine	Spray butter
Jelly	Preserves or sugar free jelly
Peanut butter	Reduced fat peanut butter
Chocolate milk	Low fat milk with no sugar added carnation instant breakfast
Bacon	Turkey bacon



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