



# Quick and Healthy Breakfast Ideas



- Breakfast is the most important meal of the day, but you don't need to stay stuck in the same old routine.
- Breakfast provides the energy your body needs to get going, so a good morning meal is key to good performance.
- Include carbohydrates, like whole grains and fruits, for energy. Add protein to help you feel full longer. Low fat dairy products and lean meat or peanut butter are good protein choices.

## Recommended

- Cheese slices melted on whole wheat toast or a bagel
- Cereal with low-fat milk & banana slices
- Peanut butter spread on a whole grain waffle
- Cold cheese or veggie pizza
- High-fiber breakfast cereal in a baggie "to go"
- Quick cooking oatmeal topped with fruit
- Mozzarella cheese stick
- Low-fat yogurt topped with fruit & granola
- Peanut butter and celery
- Cottage cheese and fruit cup
- Quesadillas with low-fat cheese
- Low-fat granola bars
- Hard boiled egg
- Leftover spaghetti or macaroni and cheese
- Small bag of trail mix
- Sandwich made with whole grain bread and lean meat or peanut butter
- Fruit smoothie



## Healthy Cold Cereals

Multigrain, Wheat or Corn Chex  
(General Mills)  
Wheat Pockets (Safeway)  
Life (Quaker Oats)  
Raisin Bran (Post or Kellogg's)  
Cheerios (General Mills)  
Wheaties (General Mills)  
Corn Flakes (Kellogg's)  
Kix (General Mills)



## Not Recommended

Donuts  
Coffee Cake  
High Sugar Cereals  
Pop Tarts

These have little nutritional value and can harm children's teeth.

