

WAKE
UP!

Make time to refuel your body
and jump-start your
day with
breakfast!



Breakfast Eaters:

- ① Tend to eat healthier throughout the day
- ① Are more physically active
- ① Consume more vitamins and minerals
- ① Have better concentration and problem solving skills
- ① Maintain a healthy weight

TO
BREAKFAST!

REFUEL YOUR
BODY!

Breakfast Boost

Begin your day with an energizing boost by eating breakfast. Long-lasting fuel comes from a combination of:

- Complex carbohydrates
- Lean protein
- Healthy fats



What Makes A Great Breakfast?

While any breakfast is better than no breakfast, the best food choices are those that will give you long-lasting energy. Choosing complex carbohydrates, healthy fats and lean protein will give you energy and the feeling of fullness to make it to lunch!



COMPLEX CARBOHYDRATES

Provide fuel for our brains and muscles. Whole grains and fiber provide a feeling of fullness that discourages overeating.

- Whole grain bread, waffles, muffins, bagels
- Whole grain cereals
- Oatmeal
- Granola bars

Look for whole grains and fiber on food packages and labels.



Lean Protein

Provides a feeling of fullness.

- Peanut butter or other nut butters
 - Nuts or seeds
- Eggs
- Beans
- Low-fat milk
- Lean ham, turkey, or Canadian bacon
- Low-fat yogurt or cheese

Choose proteins that are low in fat.

HEALTHY FATS

Provide energy and essential fatty acids.

- Peanut butter or other nut butters
- Sunflower or pumpkin seeds
- Oils
- Nuts
- Avocado

Choose monounsaturated and polyunsaturated fats from plant-based foods and oils.



Choose 2 to 3 Food Groups at Breakfast Time

Here's some ideas:

FRUITS & VEGETABLES:

- Fruit smoothie
- Fresh fruit
 - 100% fruit juice without added sugar
 - Vegetable omelet

Dairy:

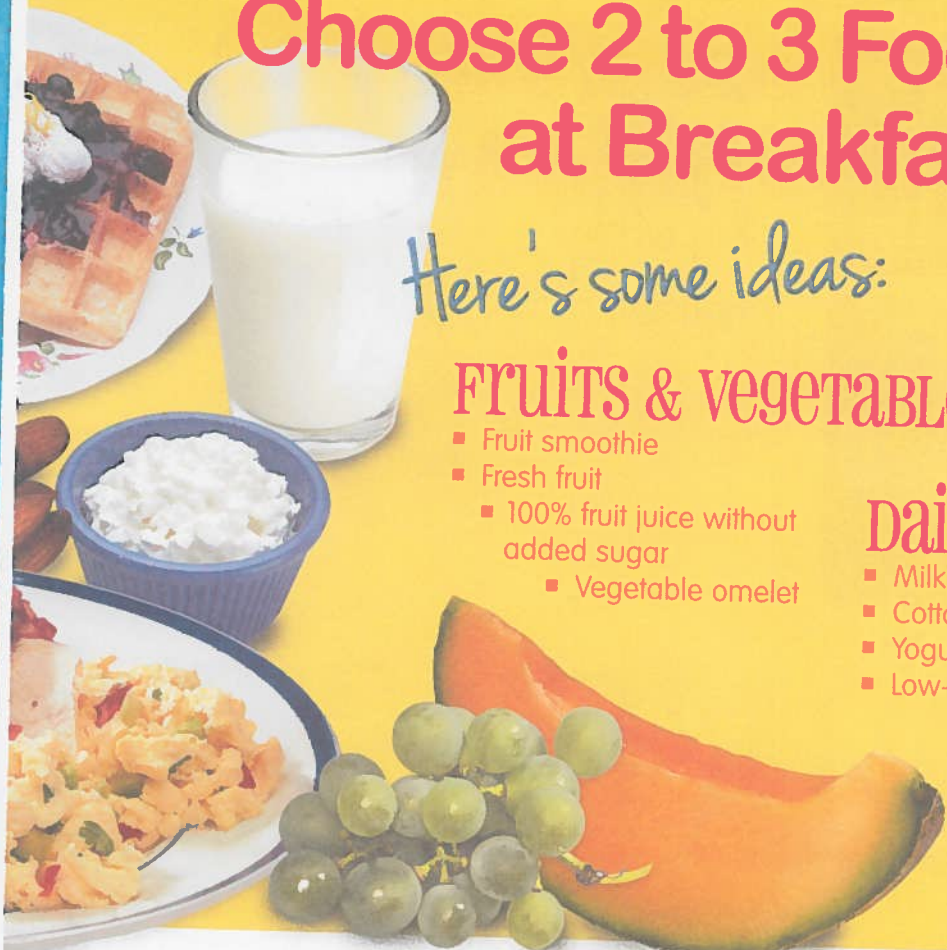
- Milk
- Cottage cheese
- Yogurt
- Low-fat cheese

grains:

- Whole grain toast, bagels or roll
- English muffins
- Oatmeal
- Cold cereals (low sugar, high fiber)
- Low-fat muffins
- French toast, waffles, or pancakes

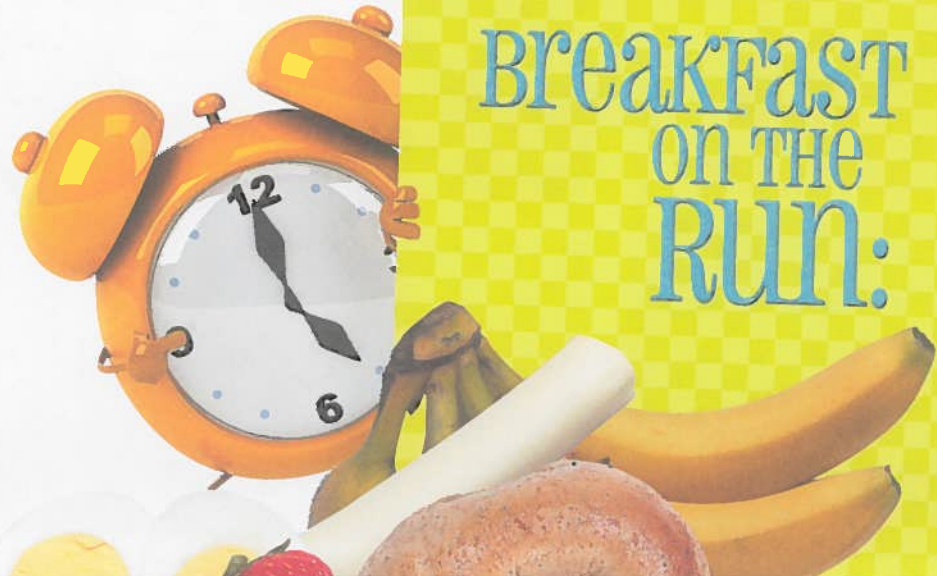
Protein:

- Eggs
- Peanut butter
- Nuts
- Sliced lean ham or turkey



BREAKFAST ON THE RUN:

- Hard-boiled egg
- Granola bar
- Fresh fruit
- Yogurt cup topped with granola or dry cereal
- Baggie of trail mix and dry cereal
- Low-fat cheese stick
- Peanut butter sandwich
- Unsweetened applesauce cup
- Whole grain frozen waffle spread with peanut butter
- Fruit & yogurt smoothie



Good for you

snack BITES



Choose nutrient rich snacks!



WHOLE GRAINS
Energize!

- Cereal
- Bagel
- Pasta
- Popcorn
- Crackers
- Pretzels
- Granola bar

VEGGIES
Vitality!

- Cauliflower
- Carrots
- Broccoli
- Tomatoes
- Salsa
- Veggie salad
- Peppers
- Cucumbers

FRUIT
Stay Healthy!

- Watermelon
- Banana
- Kiwi
- Apple
- 100% Fruit juice and sparkling water
- Raisins
- Oranges

DAIRY
Bone-Strengthening!

- Fruit and yogurt smoothie
- String cheese
- Yogurt
- Cottage cheese
- Skim milk

PROTEIN
Go Lean!

- Trail mix
- Turkey wrap
- Peanut butter toast
- Hard-boiled egg
- Hummus

Drink water with your snacks!



fill up with FIBER

What Is Fiber?

Dietary fiber is the part of plant foods that the body can't digest or absorb. It's found naturally in plant-based foods including whole grains, fruits, vegetables, and beans and legumes. Fiber isn't broken down—it passes through your body relatively intact. There are two different types of fiber, each with its own benefits:

Soluble

(dissolves in water)

- > Lowers blood cholesterol
- > Lowers blood sugar

Sources include:

- Oatmeal
- Peas
- Beans
- Apples
- Oranges
- Carrots
- Barley

Insoluble

(doesn't dissolve in water)

- > Promotes movement of food through the digestive system
- > Increases stool bulk

Sources include:

- Whole-wheat flour
- Wheat bran
- Vegetables
- Nuts
- Beans

Why Do We Need Fiber?

Diets rich in fiber are associated with many health benefits.

What does fiber do?

- **Helps us stay at a healthy weight.** Fiber helps keep you feeling fuller longer, which helps prevent overeating and hunger between meals.
- **Lowers cholesterol levels.** Soluble fiber in oatmeal, beans, and flaxseed can help lower LDL ("bad") cholesterol levels.
- **Helps control blood sugar levels.** Fiber slows down the digestion of food and keeps blood sugar from rising too quickly.
- **Aids in digestion.** Fiber adds bulk to your stools, keeps waste moving through your intestines, and prevents constipation.

How Much Fiber Do I Need?

Fiber is an important part of a balanced diet, yet 95% of Americans do not meet dietary fiber intake recommendations. The average target is about 25-35 grams of fiber per day, but varies depending on your age.

	Age	Fiber
Toddlers	(1-3)	19 g
Kids	(4-8)	25 g
Girls	(9-18)	26 g
Boys	(9-13)	31 g
	(14-18)	38 g
Women	(50 and under)	25 g
	(51+)	21 g
Men	(50 and under)	38 g
	(51+)	30 g

Almonds

1 ounce = 3.3 g

Pear

1 large pear with skin = 7g

How much Fiber?

Raspberries

1 cup = 8 g

Cooked Black Beans

1/2 cup = 7.5 g

Getting enough fiber each day isn't difficult if you eat a variety of fruits, vegetables, and whole grains. Use these foods and portion sizes as a guide.

Whole-Wheat

English Muffin

1 whole muffin = 4.4 g

Edamame

1/2 cup = 3.8 g

Air-Popped Popcorn

3 cups = 3.6 g

Baked Potato

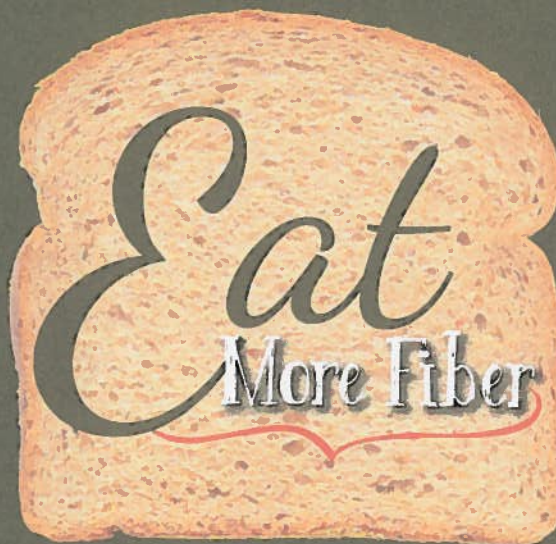
1 medium bake potato with skin = 4 g

- Choose a breakfast cereal with 5+ grams of fiber per serving and top it with strawberries, raspberries, or blueberries.

- Enjoy fruits and vegetables throughout the day—aim for at least 5 servings.

- Eat more beans, peas, and lentils. Add them to soups, salads, or casseroles.

- Enjoy a handful of dried fruit, some nuts, or air-popped popcorn as a snack.



Try some of these easy and tasty ways to increase the amount of fiber you eat. If you don't eat much fiber now, make gradual changes to the amount of fiber that you eat. Increasing the amount of fiber too quickly can cause gas, bloating, and abdominal cramps.

- Substitute whole-wheat flour for half of the white flour your recipe calls for when you're baking.

- Choose whole fruit instead of drinking juice. You'll get more fiber and consume fewer calories.

- Switch to brown rice or whole-grain pasta instead of white rice or pasta.

- Eat the peel! Taking the peels off fruits and vegetables reduces the amount of fiber.

- Enjoy whole-grain breads. Look for the terms whole wheat, whole-wheat flour, or whole-grain as the first ingredients on the label and for at least 2 grams of fiber per slice.