



Healthy Breakfast. Everywhere You Go.

B Fast. Grab&Go.

For an instant energy boost that lasts all morning, pick at least one of these foods and GO!

Whole Grains	Fruit	Vegetables	Low-Fat Dairy	Lean Protein
whole wheat bagel	apple	spinach	low-fat milk	turkey breast
whole wheat bread	banana	baby carrots	low-fat yogurt	egg
wheat crackers	grapes	bell peppers	string cheese	nuts
English muffin	peach	tomato	smoothie	peanut butter
oatmeal	pear	mushrooms	reduced-fat cheese	tofu
whole grain cereal	strawberries	salsa	cottage cheese	beans
whole wheat tortilla	watermelon	celery	low-fat pudding	tuna

My Breakfast Line Up:

Monday _____

Friday _____

Tuesday _____

Saturday _____

Wednesday _____

Sunday _____

Thursday _____



High Five Breakfasts

Yo-Munch: Mix 1 cup low-fat yogurt with 1 cup sliced fruit (berries or apples). Toss in $\frac{1}{2}$ cup of your favorite whole grain cereal and 7 walnut halves.

PB&B: Spread a whole wheat mini bagel with 1 tablespoon peanut butter. Place 1 cup sliced banana on top of the peanut butter. Enjoy with 1 cup low-fat milk.

Pizza for Breakfast: Place 2 slices tomato on a whole wheat English muffin. Sprinkle $\frac{1}{3}$ cup shredded low-fat cheese on top. Sprinkle with Italian seasoning and mini sized chopped bell pepper. Place in the toaster oven until cheese is bubbly.

NRG Smoothie: Place $\frac{1}{2}$ cup low-fat milk in a blender with 1 cup frozen berries, $\frac{1}{4}$ cup silken tofu, $\frac{1}{2}$ teaspoon vanilla extract and 1 teaspoon honey. Blend until smooth!

On-The-Go Burrito: Sprinkle a whole wheat tortilla with $\frac{1}{3}$ cup shredded low-fat cheese. Microwave until melted. Top with a scrambled egg, $\frac{1}{2}$ cup salsa and $\frac{1}{2}$ cup mushrooms, and bell pepper. Roll up and go!



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