


# Make a Healthy Breakfast

## Instructions: How to create a healthy balanced breakfast:

- Choose one item from each category
- Beverages: choose water or 8oz 1% or skim milk

<b>Fruits and Vegetables</b> 	<b>Protein</b> 	<b>Starches</b> 
<b>Fruits</b>	3 ounces baked or grilled chicken	½ whole wheat bagel
1 medium apple	1 ounce low fat cheese	1 slice whole wheat bread
1 cup apple sauce	1 cup low-fat cottage cheese	1 cup low sugar (< 10g) high fiber (>5g) cereal
1 small banana	1 egg or 2 egg whites	3-5 whole wheat crackers
½ cup blackberries	3 ounces low salt ham	1 whole wheat English muffin
½ cup blueberries	1 tablespoon peanut butter	2 whole grain graham crackers
½ cup grapes	3 ounces sliced turkey	¼ cup granola
1 kiwi	¾ cup low fat yogurt	Granola Bar (Nature Valley®, Fiber One®)
½ cup mango		½ cup oatmeal
½ cup melon		1 whole wheat pancake
½ orange		1 whole wheat dinner roll
½ cup papaya		1 whole grain waffle
1 small peach		
1 small pear		
½ cup pineapple		
1 small plum		
½ cup raspberries		
½ cup strawberries		
<b>Vegetables</b>		
¼ avocado		
Lettuce and 2 slices tomato		
½ cup peppers and onions		

\*Talk to your Dietitian about portion sizes that are appropriate for you.

"This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision."