

It's All About Balance: Eat Smart, Move More, Rest Well

4 Tasty Ways to Enjoy Better Breakfast Bites

Start with some powerful protein.

The missing link in many morning meals is protein. It is what you need to go strong and stay focused until lunch. Go lean with protein. Try a slice or two of Canadian bacon, an egg, a slice of deli meat or cheese, a container of yogurt, a scoop of cottage cheese, or leftover meat from the night before. Think outside of the breakfast box. Microwave a whole-wheat tortilla with black beans. Or enjoy a scrambled egg with chopped veggies and grated cheese.

Add in longer-lasting whole grains.

A high-octane carbohydrate will give your body and brain energy for a busy day. Choose whole grains for extra nutrition. They have more fiber and more antioxidants. They tend to digest more slowly and provide longer-lasting energy. Go inside the cereal box for grains. Whole-grain breads, muffins, waffles, pancakes, rolls, tortillas, or even pastas can also help you rise, shine. They get you going for the day.



Get fresh with fruits (or veggies).

Breakfast is a perfect time to enjoy the produce your body needs. Go with fresh fruit. Try bananas, kiwi, pears, apples, mangoes, melon, oranges, grapefruit, or whatever is in season! Canned and frozen can be used in yogurt and fruit salads. Dried fruit is tasty on cereal or in trail mix. How about chopped veggies in an omelet? Looking for more ideas, check out www.fruitsandveggiesmorematters.org/.

Rethink your morning drinks.

Some of us can't seem to get going without that morning cup of coffee or that triple, extra whipped, tall mocha! Some caffeine is probably okay for most healthy adults (except pregnant women). But, many Americans are getting lots of extra calories from fancy coffee drinks. Skim or 1% milk is a very smart choice. Drink it plain or blended into a smoothie, shake or latte. Are you worried about too much caffeine? Switch to decaf, herbal tea or lower-caffeine green tea.

What about breakfast bars? So-called energy bars are everywhere! The packages are filled with nutrition promises. They say they can replace meals, boost energy levels, promote weight loss, and give you more protein, vitamins, and minerals. There's no magic in these bars. Some are no more than souped-up candy bars, with lots of fat, saturated fat and sugar. **Choose bars with 10-15 grams of protein and at least 3 grams fiber.**



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