Building a Balanced Breakfast

How to Build a Balanced Breakfast:

Starting the day with a healthy breakfast is important to fuel your body with the nutrition it needs. A healthy breakfast gives you energy to start the day off right. It can also prevent overeating later in the day. A balanced breakfast includes at least two of the following nutrients: fiber, protein, and/or healthy fats. When paired together, these nutrients help give you energy and keep you full longer.

Balanced Breakfast Ideas:

- **Yogurt Parfait:** 6 oz. (¾ cup) Greek or low-fat yogurt topped with 1-2 Tbsp chopped nuts and ½ cup berries
- **Avocado Toast:** 1-2 slices whole-grain bread topped with 2-4 Tbsp avocado, ¼ cup tomatoes (try sundried), and a sprinkle of "everything bagel" seasoning
- **Hot Oatmeal:** ½ cup oatmeal (cooked in water or low-fat/non-dairy milk) topped with ½ cup berries or banana slices (OR 1-2 Tbsp raisins or dried cranberries) and 1-2 Tbsp nut butter or nuts/seeds
- **Cold Cereal:** ¾ cup dry, low-sugar cereal with 8 oz. low-fat milk/soymilk and 1 small piece of fruit (apple, pear, peach, orange)
- **Smoothie:** blend together ½ cup water or low-fat milk/soymilk with 1 cup fresh or frozen fruit of choice (apple, banana, berries, mango, pineapple), ½ cup vegetable of choice (celery, cucumbers, kale, spinach, carrots), ½ cup Greek yogurt, and/or 1 Tbsp chia/flax seeds (makes 2 servings)
- **Breakfast Roll-Up:** 1 whole-grain tortilla topped with 1-2 Tbsp nut butter and 1 whole banana – roll to perfection
- **Waffles:** 1-2 whole-grain toaster waffles topped with a thin layer of low-fat/Greek yogurt and ½ cup peach slices; OR topped with 1-2 Tbsp nut butter and ½ cup berries or banana slices
- **Breakfast Sandwich:** 1 whole grain toasted English muffin topped with 1-2 slices lean ham and 1 slice low-fat cheese
- **Veggie Omelet/Scramble:** 1-2 eggs cooked with ½ cup vegetables (spinach, mushrooms, bell peppers, onions), topped with 1 oz shredded cheese

- **Breakfast Wrap/Tacos:** 1 whole-grain tortilla OR 2 corn tortillas, ¼-½ cup black beans, 1-2 Tbsp avocado, 1-2 Tbsp salsa, and 1 oz. low-fat shredded cheese
- **Savory Bagel:** 1 whole-grain toasted bagel topped with 2 Tbsp low-fat cream cheese and 2 oz. thinly sliced smoked salmon (optional toppings: red onion cucumber slices, capers, lemon juice, dill)
- **Sweet Bagel:** 1 whole-grain toasted bagel topped with 2 Tbsp low-fat cream cheese and ½ cup sliced strawberries
- **Cottage Cheese and Fruit:** 4 oz. low-fat cottage cheese with ½ cup fruit (peaches, pineapple; fresh or canned in 100% fruit juice)

Build Your Own Balanced Breakfast:

Try building your own healthy breakfast by including at least 2 of the following: fiber, protein, and/or healthy fats. This combination will keep you full and give you energy.

Fiber	Protein	Healthy Fats
• 1 small piece of fruit • ½ large banana • 1 cup melon cubes • 1 cup berries • 15 grapes/cherries • ½ cup canned fruit in 100% fruit juice • 2 Tbsp raisins • 1 cup raw vegetables • ½ cup cooked vegetables • ½-1 whole-grain bagel • 1-2 slices whole-grain bread • 1 whole-grain English muffin • ½ cup oatmeal • ¾ cup whole-grain cereal	• 8 oz. low-fat milk • 8 oz. soymilk • 6 oz. low-fat/Greek yogurt • 4 oz. low-fat cottage cheese • 2 Tbsp nut butter • 2 Tbsp seeds • 2 Tbsp nuts • 1 oz. low-fat cheese • 1 slice low-fat cheese • ½ cup beans • ½ cup lentils • 1 large egg • 3 oz. lean meat • 3 oz. fish/seafood • 3 oz. tofu • 1 Tbsp dry milk or protein powder	• 2 Tbsp nut butter • 2 Tbsp seeds • 2 Tbsp nuts • 2 Tbsp avocado/guacamole • 2 Tbsp low-fat cream cheese • 10 olives • 3 oz fatty fish (anchovies, herring, mackerel, salmon, sardines, bluefin tuna) • 1 Tbsp olive oil • 1 Tbsp avocado oil • 1 Tbsp flaxseed oil