Breakfast can provide a third of a person’s nutrients for the day.

Those that eat breakfast tend to maintain a healthier weight.

Breakfast gives you more energy and jump starts your metabolism.

When students eat breakfast, they think better and have higher grades than students who skip breakfast.
1. **Start with a healthy protein.** An egg, low fat cheese, nuts, or low-fat yogurt.

2. **Add whole grains.** Oatmeal, whole grain toast, whole grain dry cereal, or whole grain muffin.

3. **Add a fruit.** Banana, apple, orange, grapefruit, grapes, peach or melon.

4. **Make it a routine.** Plan ahead, keep it simple, get it ready the night before.

**At Home:**
- Instant oatmeal made with non-fat milk, raisins and walnuts
- Fruit parfait layered with fat-free yogurt, cereal, and berries
- A whole-grain English muffin, with lean ham and low-fat Swiss cheese
- Low-fat cream cheese on a toasted whole-grain bagel topped with sliced strawberries
- A toaster waffle topped with low-fat yogurt and fruit
- A breakfast burrito filled with eggs, black beans, peppers and salsa

**On the Go:**
- Breakfast smoothie made with non-fat milk or yogurt, frozen strawberries and a banana
- Peanut butter on a whole wheat tortilla, add a banana, and roll it up
- Whole wheat pita with a sliced, hard-cooked egg and shredded low-fat cheese

For more breakfast ideas and tips visit: [www.eatright.org](http://www.eatright.org)