

# Wake Up to Breakfast Every Day

There are many good reasons to start the day with a healthy breakfast:

- It can help you and your family have more energy for school, work, and play.
- It may help you and your family stay at a healthy body weight, which can lower your risk of developing chronic diseases.
- Eating breakfast improves memory and test grades.
- People who skip breakfast often have low intakes of calcium, iron, and fibre. These are nutrients for growth and health.
- Children who do not eat breakfast are more likely to miss class, be late, or be sick than children who eat breakfast.

Breakfast can be simple and still meet your nutrition needs. Include at least 3 of the 4 food groups from Canada's Food Guide.

The ideas which follow can help make breakfast easier.

## Eat together!

Parents and caregivers are role models for children. Children who see adults eat breakfast are more likely to eat breakfast and carry on healthy habits.



People who often eat with family or friends are healthier. A family meal doesn't have to be supper. Breakfast can be a good chance to share a healthy meal.

## Great breakfast ideas

Try to prepare breakfast or set the breakfast table the night before to save time in the morning. Here are some quick breakfast ideas:

- whole grain hot or cold cereal with fruit and low fat milk (skim, 1% or 2%)



- whole grain toast, bagel, or English muffin topped with peanut butter and sliced banana



- whole grain waffle or pancake topped with fruit and low fat yogurt (fat free, 1% or 2% milk fat or M.F.)
- small oatmeal muffin, low fat yogurt, and an orange
- whole grain crackers, lower fat cheese (less than 20% M.F.), and an apple
- unsalted nuts, fruit, and low fat milk



- leftovers: homemade pizza, soup, pasta or casserole
- whole grain toast and a smoothie

## Not a breakfast eater?

If you are not used to eating early in the morning, try waiting an hour before you eat. Or try having 1 or 2 of the foods below:

- piece of fruit
- hardboiled egg
- half a whole grain bagel with cheese or nut butter
- small bran muffin
- lower fat cheese
- individual box of whole grain cereal
- low fat milk or fortified soy beverage
- low fat yogurt
- unsweetened applesauce
- toasted whole grain English muffin
- unsalted nuts
- fruit and nut bar

If you don't eat much for breakfast, add healthy foods as a morning snack. You may be able to eat more at a later time.

Slowly increase your breakfast meal to include foods from 3 or 4 food groups from Canada's Food Guide.

### Breakfast Tip:

Look for cereals and grains with more than 2 grams of fibre per serving listed on the label.



## Need some more great breakfast ideas?

- Scramble eggs with vegetables and cook in the microwave oven for 1–1½ minutes.
- Top a small whole grain tortilla with scrambled eggs, and lower fat cheese.
- Stuff a whole grain pita with cottage cheese and chopped fruit. Or try tuna, chopped tomatoes and lettuce.



- Toast a small whole grain bagel and top with ham and sliced tomato.
- Spread peanut butter on a whole grain flour tortilla and roll it up with a banana.
- Microwave oatmeal and milk, or congee, or polenta. Mix in peanut butter and cinnamon. Top with raisins or chopped dates.
- Have sardines or baked beans on whole grain toast with a glass of milk, low sodium tomato juice, or fortified soy beverage.
- Mix canned peaches or frozen berries with low fat yogurt. Top with higher fibre cereal.



## Quick Breakfast Recipes

### Basic French Toast

4 large	Eggs, lightly beaten	4 large
½ cup	1% milk	125 mL
8 slices	Whole grain bread	8 slices
1 Tbsp	Canola oil	15 mL

Combine eggs and milk in a pie plate or mixing bowl; beat with a fork until well blended. Dip bread slices into the mix to coat each side. Add oil in a frying pan over medium heat. Brown each side of bread until it is cooked through. Serve right away or freeze for later.

**Makes 4 servings.**

#### To reheat frozen French toast slices:

- put in the toaster **or**
- microwave on high for 30–45 seconds **or**
- place in the oven at 400°F (200°C) for 10 minutes

Nutrition information per serving: 270 calories, 10 g fat (2.5 g saturated fat), 380 mg sodium, 31 g carbohydrate, 4 g fibre, 13 g protein

This is a Choose Sometimes recipe according to the Alberta Nutrition Guidelines.



### Easy Berry Banana Smoothie

½	Banana, medium	½
½ cup	1% milk	125 mL
1 cup	Ice	250 mL
1 cup	Fresh or frozen berries or fruit	250 mL

Blend ingredients in a blender until smooth. Serve with whole grain toast.

**Makes 1 serving.**

Be creative! Try other fruit combinations such as: mango and pineapple; strawberry and kiwi; or blueberry, banana and raspberry.

Nutrition information per serving: 180 calories, 2.5 g fat (1 g saturated fat), 60 mg sodium, 38 g carbohydrate, 6 g fibre, 5 g protein

This is a Choose Most Often recipe according to the Alberta Nutrition Guidelines.

### Fruity Greens Smoothie

½ cup	Spinach, fresh	125 mL
½ cup	Strawberries, frozen	125 mL
½ cup	1% milk	125 mL
½	Banana, medium	½

Place all ingredients in a blender and blend until smooth. Serve with whole grain toast or a small bowl of oatmeal.

**Makes 1 serving.**

For a tangier taste and a thicker smoothie, use plain low fat yogurt instead of milk.

Nutrition information per serving: 150 calories, 1.5 g total fat (1 g saturated), 70 mg sodium, 30 g carbohydrate, 3 g fibre, 6 g protein

This is a Choose Most Often recipe according to the Alberta Nutrition Guidelines.