



The Children's Hospital

Eat Breakfast Everyday!

Breakfast is the most important meal of the day!

A healthy breakfast includes:

- Protein
- Whole grain foods
- Fruits and/or vegetables

Examples from each food group:

Protein- Dairy, Eggs, Meat, Nuts

- Milk- non-fat or low-fat
- Yogurt- non-fat or low-fat
- Cheese- low-fat
- Eggs- poached, scrambled, or hard boiled.
- Lean meats- skinless turkey and chicken
- Nuts- natural peanut butter

Whole Grain Foods

- Hot or cold whole grain cereals
- Whole grain bread or toast
- Whole grain waffles or pancakes- use light syrup or fresh fruit

Fruit

- Fresh or frozen- no added sugars

Vegetables

- Fresh, frozen, or canned
 - add to eggs



These types of foods will give you energy that will last throughout the morning.

Quick Breakfast Recipes:

Banana Berry Smoothie

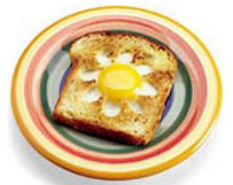
Ingredients:

- One 8 oz. container non-fat or low-fat fruit-flavored, plain or vanilla flavored yogurt
- 1/2 cup fresh berries
- 1 medium banana

In a blender, process all the ingredients until just combined. Serve immediately.

Serves 1

Egg in a Nest



Ingredients:

- 1 egg
- 1 piece of whole grain bread
- Pam cooking spray

1. Crack the egg into a bowl and set aside
2. Use a 3-inch cookie cutter (circle, heart, star, or flower) to cut a shape out of the piece of bread.

3. Spray pan with Pam, place on medium heat. Place the bread in the pan and fry it lightly on one side. Flip the bread over.

Reduce the heat to low.

4. Carefully pour the egg into the cut-out hole in the middle of the bread. Cover the pan and cook for 2-3 minutes or until the egg has

set in the bread "nest."

Serves 1



Recipes from: FamilyFun.com