

Doing Breakfast Right

The four food groups

Foods from the “big four” give you energy to last through the morning. Every great breakfast includes something from each food group:



Protein

- Dairy, such as low-fat milk, yogurt or cheese
- Eggs: poached, scrambled or hard-boiled
- Lean meats, such as skinless turkey or chicken
- Nuts: peanut or other nut butters (watch your serving sizes)



Fruit

- Fresh or frozen
- No added sugars



Vegetables

- Fresh, frozen or canned



Complex carbs

- Hot or cold whole-grain cereals, such as oatmeal
- Whole grain bread or toast
- Whole grain waffles or pancakes (go easy on the syrup)

Quick breakfast recipes

Banana berry smoothie

Ingredients:

- 8 oz. container nonfat or low-fat yogurt, plain or flavored
- 1/2 cup fresh berries
- Medium banana

In a blender, process all the ingredients until combined and serve immediately. Serves one.

Egg in a nest

Ingredients

- 1 egg
- 1 slice whole grain bread
- Cooking spray

Crack the egg into a bowl and set aside. Use a cookie cutter to cut a shape out of the center of the bread. Coat the pan with cooking spray. On medium heat, fry the bread lightly on one side; flip over and reduce heat to low. Pour the egg into the cut-out in the bread. Cover the pan and cook for 2 to 3 minutes until the egg has set. Serves one.