

# BREAKFAST

## START YOUR DAY OFF RIGHT

Breakfast can be defined as “anything you eat within 2 hours of waking up”. It jump starts your metabolism and provides your body with the energy it needs to function throughout the day.



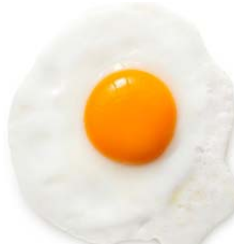
## FILL UP ON FIBER

Include a lean source of PROTEIN as well as FIBER to your morning meal - they help you to feel **full and satisfied**. You are only allowed 2 starch servings per day, so make them count by choosing the highest fiber option possible. Cereals should have at least 4 grams of fiber and whole grain bread should have at least 2 grams.



## THE POWER OF PROTEIN

A high protein breakfast can promote fullness. The traditional breakfast protein is the egg, which is not only versatile but can cook in the microwave in under 2 minutes. One egg white or 2 T egg substitute is only 16 calories and 4 g protein (compared to 70 calories and 6 g protein in the whole egg, because of the yolk). But other protein sources also work here including seafood, deli meat, and low fat dairy like milk, cheese, yogurt and cottage cheese.



### Watch Out!

Many breakfast starches are also high in calories – think muffins, biscuits, grits with butter/cheese, pancakes, waffles, scones, etc.

Avoid traditional breakfast meats that are high in fat and calories like sausage, bacon and fast food options.

And eat the fruit, don't drink the juice.



## Tasty, Quick, Healthy-Breakfast in a Blast

Start with  $\geq 10$  g protein

3 Egg whites or 2/3 c. egg substitute

3 oz. Fat-free, plain Greek yogurt

(Flavor with artificial sweetener, Crystal Light, Instant Coffee Grounds, or fruit)

6 slices Deli style ham, chicken or turkey

2 oz. Canned tuna or salmon

2 oz. Grilled or boiled shrimp

¼ c. Fat free cottage cheese

¾ c. Beans like black beans or pintos

Make a seafood patty - Combine egg, canned seafood (like salmon, tuna or crabmeat), minced celery and onion into small ball/patty. Spray pan with cooking spray and place patties on heated pan until cooked thoroughly. Enjoy warm or refrigerated!

### Add some fiber

Fiber One Original Cereal

Fiber One 80 Cereal

Plain Oatmeal

Low-calorie Wheat Bread (*John Durst 40 calorie Bread, Natures Own Reduced Calorie, Sara Lee 45 and Delicious*)

High fiber English muffin (*Thomas Light*)

Fruit (fresh, frozen or canned in juice)

Make a fruit parfait – layer fat free cottage cheese with ½ cup fruit canned in juice or layer Greek yogurt with ½ cup berries. Add a sprinkle of Fiber One cereal for crunch.

### Bonus: Sneak in some veggies

Top a poached egg with black beans, salsa, and low fat cheese

Roll deli meat (deli turkey, ham, chicken) up in Bibb lettuce with slices of cucumber and bell pepper inside

Make a veggie quiche - Start with eggs (1 whole egg + 3 egg whites), add chopped vegetables (like peppers, onions, tomato, spinach, or mushrooms), and sprinkle with ½ cup low fat cheese; Add mixture to a pie pan and bake at 350° for 20 minutes.