

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Smart Tips to Power Up with Breakfast

Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy whole grain cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Grits topped with a sprinkle of low-fat cheese and spinach or tomatoes. Add a cooked egg on the side.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.



If your taste buds just don't crave traditional breakfast foods, try these choices:

- Hummus spread on a whole-grain toasted bagel with cucumber and tomato slices on top.
- Leftover veggie pizza
- Low-fat cottage cheese with fruit
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.
- Corn tortilla with mashed avocado, black beans, salsa, and low-fat shredded Cheddar cheese

Power up with a healthy breakfast and you're off to a great start!

Find more healthy eating tips at: www.kidseatright.org
www.eatright.org

Microwave Denver Scramble Slider

Makes 1 Serving

Ingredients:

- 1 tablespoon chopped onion
- 2 tablespoons chopped red or green bell pepper
- 1 egg
- 1 tablespoon water
- 1 thin slice deli ham (chopped)
- 1 slider-size bun or whole wheat English muffin (split and toasted)

Nutrition Information per serving:

Calories: 240

Protein: 16 g

Total Fat: 6 g

Total Carbohydrate: 29 g

Saturated fat: 2 g

Dietary Fiber: 4 g

Sodium: 550 mg

Source: Meeting Your MyPlate Goals on a Budget Toolkit by MyPlate National Strategic Partners; MyPlate Kitchen, formerly What's Cooking? USDA Mixing Bowl

Directions:

1. Place pepper and onion in an 8 oz ramekin or custard cup or small bowl. Microwave on high for 30 seconds and stir.
2. Add egg, ham and water. Beat until egg is blended.
3. Microwave on high for 30 seconds and stir. Microwave until egg is almost set, 30 to 45 seconds longer. Note: Scrambled eggs will continue to cook and firm up after removed from the microwave.
4. Season with salt and pepper if desired. Serve in bun.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Deidre Wagster
Asst. Health & Human Science Educator



Extension - Jennings County

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

©Academy of Nutrition and Dietetics. Reproduction of this tip sheet is permitted for educational purposes. Reproduction for sales purposes is not authorized.