



17 Simple and Yummy Breakfast Ideas

By Vivian Matiossian, Registered Dietitian

Start your day with a healthy breakfast

- It gives your brain the fuel to study and get good grades.
- It gives your muscles the energy to play and do sports.
- It helps you achieve or maintain a healthy weight.



Try some new or old time favorite breakfasts. Mark (✍) off those choices from the list below and help your parents prepare it.



1. Hard boiled egg with a whole wheat toast or pita bread
2. Raisin toast with peanut or almond butter (choose those without hydrogenated fat) spread on it
3. Whole wheat tortilla or toasted, small whole wheat bagel with Laughing Cow cheese or peanut butter spread on it
4. Plain oatmeal with banana slices or strawberries and almonds or walnuts sprinkled on it
5. Scrambled egg on a toasted English muffin or wrapped in a tortilla
6. Low fat turkey or Morningstar sausage pattie on a toasted English muffin or pita bread
7. Whole grain cereal like plain or honey flavored Cheerios, Total or other cereal with fat free milk, 1% fat milk, soy or rice milk. Put slices of banana, strawberries or a handful of blueberries in it. Dried fruits such as raisins, cranberries or apricots are a tasty option too.
8. Bowl of hot soup (chicken noodle, vegetable, lentils, etc.)
9. Toasted English muffin topped with low fat cottage cheese or your favorite cheese
10. Whole wheat waffle or pancake with a thin layer of peanut butter spread on it and topped with slices of banana
11. Manayish bread with a stick of light cheese and tomatoes on the side
12. Omelet made with your favorite cut up vegetables (for example- green or red peppers, onions, tomatoes, mushrooms, spinach) wrapped in a whole wheat pita bread or tortilla
13. Fat free or low fat fruited yogurt with crushed graham cracker and almonds or walnuts sprinkled on it
14. Cooked beans (for example- pinto, fava or other type) with chopped tomatoes in it or sliced tomatoes on the side
15. Whole wheat crackers with sliced cheese and tomatoes or cucumbers on the side
16. Fruit filled breakfast bar and a stick of low fat string cheese
17. Whole wheat lavash bread with lebni spread in it with tomato/cucumber slices on the side



Add a healthy beverage:

1 cup of fat free or 1% milk or flavored milk



1 cup of 100% fruit juice



Water

Add a fruit or vegetable whenever possible: in omelets, cereals, sandwiches, wraps, yogurts or on the side. Fruits and vegetables give you fiber to keep you full and helps you digest food.



Make a chart of 5 different breakfasts you like and put it on the refrigerator so you're parents know what to buy.