

Healthy Eating: Change Up Your Breakfast!¹

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Are you tired of eating the same breakfast every day? Try a few of the ideas below and maybe you'll find a new favorite!

Top a whole-wheat waffle with low-fat vanilla or plain yogurt and slices of your favorite fruit.



Figure 1. Top a whole grain bagel with low-fat cream cheese and fresh fruit such as strawberry or peach slices.

Credits: Carissa Rogers CC 2.0 <http://bit.ly/9FvPhg>

Build an egg sandwich using a whole-wheat English muffin, a hard-cooked or scrambled egg, and low-fat cheese.

Spice up your morning with a breakfast taco! Put scrambled eggs, low-fat cheese, and your favorite salsa in a whole-wheat tortilla.

Top a whole grain bagel with low-fat cream cheese and fresh fruit such as strawberry or peach slices.

Mix low-fat yogurt or cottage cheese with pineapple chunks, berries, or peach, apple, or mango slices. Add chopped nuts or granola for a crunch.

Add chopped nuts, a pinch of brown sugar, and banana or peach slices or blueberries to your oatmeal.

Make a breakfast smoothie with low-fat milk or yogurt and fresh or frozen fruit.

1. La versión de este documento en español es *Cambie su desayuno* (FCS80006-span). This document is FCS80006, one of a series of the Family Youth and Community Sciences Department, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Original publication date March 2012. Visit the EDIS website at <http://edis.ifas.ufl.edu>.

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If you aren't in the mood for typical breakfast foods try one of these ideas:

- Leftovers from dinner
- A toasted peanut butter and banana sandwich
- A grilled cheese, tomato, and spinach sandwich
- Your favorite soup
- A tortilla wrap with turkey, low-fat cheese, lettuce, and another favorite veggie
- Rice with cooked vegetables
- Trail mix with nuts, pretzels, dried fruit, and other favorites



Figure 2. You can mix low-fat yogurt with fruit for a light breakfast. Add wheat germ, crushed cereal, or chopped nuts for a more complete meal.

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