

# Breakfast on the Go<sup>1</sup>

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If your mom told you breakfast is the most important meal of the day, she was right! Breakfast gives you energy and helps improve mood and concentration skills. Children who eat breakfast show more appropriate behavior and do better in school. You may be tempted to skip this important meal but after reading the following breakfast ideas, you'll say, "I **do** have time to eat breakfast!"

## One-Minute Breakfast

- 🕒 Glass of low-fat milk, a granola bar, and an apple.
- 🕒 Bowl of whole-grain cereal and low-fat milk topped with dried fruit or sliced fresh fruit and nuts.
- 🕒 Leftover veggie pizza—add some vegetables such as spinach and eat cold or reheat in the microwave.
- 🕒 Hard-cooked egg (cooked the night before) and a glass of 100% fruit juice.
- 🕒 Leftover cold chicken—rolled in a whole wheat tortilla—with a glass of low-fat milk.
- 🕒 Bowl of fresh fruit (cut up the night before) topped with low-fat yogurt.
- 🕒 Toasted whole-wheat English muffin or whole-wheat bagel with melted low-fat cheese.
- 🕒 Peanut butter and banana on whole wheat bread with a glass of low-fat milk.



Other quick breakfast ideas:

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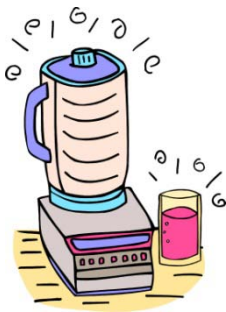
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## Speedy Shakes and Smoothies

If you don't use frozen fruit for the following recipes, add two or three ice cubes. Doubling the ingredients makes two servings. Don't worry about measuring—estimating is faster! Blend all ingredients until smooth and enjoy!



### Tropical Smoothie

1 cup low-fat plain yogurt  
 ½ cup chopped mango (fresh, frozen)  
 ½ cup chopped papaya  
 ½ cup canned pineapple, drained

### Peanut Butter Banana Shake

1 cup low-fat milk  
 1 banana (fresh or frozen)  
 1 tablespoon creamy peanut butter  
 Dash of vanilla extract

**Tip: Peel ripe bananas, slice, and freeze.**

### Berry Banana Smoothie

1 cup low-fat plain yogurt  
 ½ cup blueberries or strawberry (fresh or frozen)  
 ½ banana (fresh or frozen)  
 2 tablespoons wheat germ (optional)

### Berry Nice Shake

1 cup low-fat milk  
 ½ cup any type of berries (fresh or frozen)  
 2 tablespoons wheat germ (optional)

## Breakfast in the Fast Food Lane

Fast food restaurants are quick fueling stops. Even though most fast food items are high in fat, calories, cholesterol, and sodium, you *can* make some healthy breakfast choices.

The next time you are in the drive-thru, try some of these ideas:

- ✓ Pancakes with light syrup—save on fat by skipping the margarine
- ✓ Cold whole-grain cereal with low-fat milk
- ✓ Plain toast, bagel, or English muffin—go easy on cream cheese or try jams
- ✓ 100% orange juice and low-fat milk
- ✓ Plain scrambled eggs
- ✓ Low-fat muffins
- ✓ Fresh fruit
- ✓ Low-fat yogurt

Go easy on breakfast sandwiches—they *are* high in fat, calories, and sodium. If you do have them, pick ones on low-fat breads like bagels or English muffins. Reduce the fat by skipping the bacon or the sausage or choose Canadian bacon, which is leaner than sausage or regular bacon.