




Breakfast Ideas¹

Claudia Penuela²

Breakfast is known as the most important meal of the day. However, it is often one of the most skipped meals. Eating breakfast is vital. After 8 to 12 hours without food, the brain and muscles are lacking the “energy” need to function properly. To get the essential nutrients your body needs, including carbohydrates, fiber, vitamins, minerals and protein, choose the right breakfast and eat breakfast every day.

One reason why people skip breakfast is because they are bored of eating the same old breakfast every day. Instead of skipping breakfast, make your own unique and nutritious breakfast combinations by choosing food from each of the columns below.

Carbohydrates and Fiber 	Calcium and Protein 	Vitamins and Minerals 
<p>Cold cereal: whole-grain</p> <p>Cooked cereal:</p> <ul style="list-style-type: none"> • oatmeal • grits <p>Whole-wheat toast</p> <p>Whole-wheat bread</p> <p>Corn tortilla</p> <p>Whole-grain ready-to-eat:</p> <ul style="list-style-type: none"> • waffles • pancakes <p>Low-fat granola bar</p>	<p>Low-fat milk</p> <p>Low-fat yogurt</p> <p>Low-fat cheese</p> <p>Calcium-enriched soy milk</p> <p>Cottage cheese</p> <p>Peanut butter</p> <p>Hard cooked egg</p> <p>Scrambled eggs</p> <p>Low-fat ham or turkey</p>	<p>Apples or apple sauce</p> <p>Bananas</p> <p>Berries:</p> <ul style="list-style-type: none"> • blueberries • strawberries <p>Cantaloupe</p> <p>Grapes</p> <p>Oranges</p> <p>100% fruit juice</p> <p>100% fruit spread</p> <p>Canned fruit:</p> <ul style="list-style-type: none"> • peaches • pineapples <p>Dried fruits:</p> <ul style="list-style-type: none"> • raisins, • cranberries

Other ideas include preparing smoothies, burritos, and quesadillas, and using leftovers!

1. This document is FCS8931, one of a series of the Department of Family Youth and Community Sciences Department, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. First published: October 2010. Visit the EDIS Web site at <http://edis.ifas.ufl.edu>
2. Claudia Peñuela, nutrition assistant-EFNEP, Department of Family Youth and Community Sciences Department; Institute of Food and Agricultural Sciences; University of Florida; Gainesville, FL 32611.

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Employment Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A.&M. University Cooperative Extension Program, and Boards of County Commissioners Cooperating. Millie Ferrer-Chancy, Interim Dean.