

Breakfast on the Run

Do you constantly find yourself eating breakfast on the run? Are you settling for coffee and a donut or relying on the nearest drive-thru? The first meal of the day is important, so don't short-change yourself. A little planning and a few extra minutes can go a long way toward a healthy start, no matter how hectic your morning routine.

Healthy Options for a Great Start

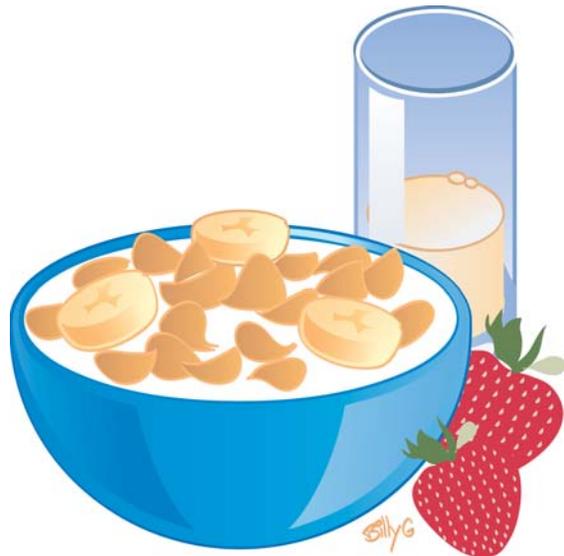
So what makes up a nutritious breakfast? Like any meal, a good rule of thumb is to have at least three food groups represented. A healthy breakfast consists of three components:

- 1) Fruit or 100% juice. If you choose juice, keep the serving size to 4-6 ounces.
- 2) Fat-free dairy food such as skim milk or yogurt.
- 3) A whole grain like oatmeal, toast, or a whole-grain cereal.

A little planning ahead is all you need to have the right ingredients on hand so you can grab and go right from your own kitchen. Here are some healthful ideas to get you started:

Fast & Delicious Breakfast Ideas

- Yogurt, whole grain toast, fruit.
- Yogurt topped with whole grain cereal and fruit.
- Egg-white sandwich, fruit, and skim milk.
- Whole-grain cereal with skim milk and fruit.
- Yogurt and a banana.
- English muffin with nut butter and fruit.
- Oatmeal with raisins and skim milk.
- High-fiber muffins (make them in big batches and freeze them).
- Smoothies (use skim milk, frozen fruit, and a little wheat germ).



- Rise and Shine Smoothie (recipe below).
- Pancakes and waffles (freeze a batch and toast what you need in the morning); top these with fruit and sugar-free syrup instead of butter and regular sweet syrup.
- Breakfast burritos—use scrambled egg whites, beans, and a little salsa

Rise & Shine! Smoothie

- 1 cup orange juice
- 1 cup skim or fortified soy milk
- 3 Tbsp oatmeal
- 1 cup fresh or frozen fruit (strawberries, blueberries, bananas, peaches, etc.)
- Pinch cinnamon

Place all ingredients in blender and puree on high speed until smooth. Serve immediately or refrigerate for later use (up to 6-8 hours). If you are making this the night before we recommend you store it in the blender jar and blend it again quickly before serving.

Serves 2. Each 1-1/4 cup serving: 160 calories, 1.8 g fat, 0 g saturated fat, 2 mg cholesterol, 65 mg sodium, 20 g carbohydrate, 3 g fiber, 8.5 g protein.