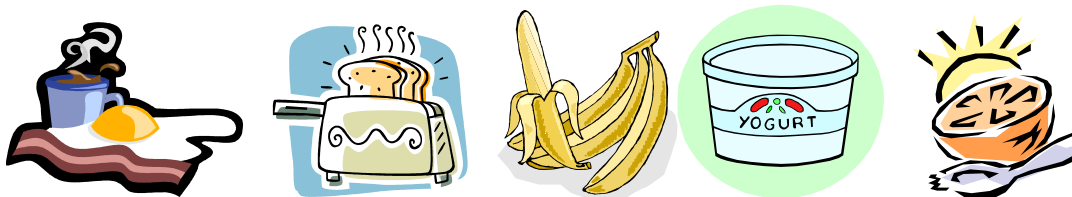


Breakfast Ideas

Plan to have food on hand every day so all family members can eat a good breakfast.

Everyone needs to eat breakfast for energy to start the day.
Children who eat breakfast are better prepared to learn and play.
Adults who eat breakfast feel better all morning.



Try these for breakfast:

- Sandwiches or toast
- Rice with milk and fruit
- Left over pizza or casserole
- Soup
- Oatmeal or other hot cereals
- Cereal and milk with banana slices
- Scrambled eggs and potatoes
- Tortillas and beans with salsa
- Lowfat cottage cheese with fruit

If you don't have time for breakfast at home...

Try these breakfasts to go:

- Yogurt and fruit
- Crackers and cheese
- Sandwich
- Fresh or canned fruit

Other Breakfast Ideas:

Be sure to include breakfast foods when planning meals and making grocery lists.

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Professor and Nutrition Specialist