Breaking Down Breakfast:
By the time you wake up in the morning, it has been 8-12 hours since you have last eaten. There is a reason breakfast is called the most important meal of the day! By morning, your activity and energy levels are low. Starting your day with a well-balanced meal can give you a jumpstart for your day.
Research shows children who eat breakfast perform better in school, are more creative, concentrate better in class, and have fewer behavioral problems.
Adults who eat breakfast also report doing better at work, snacking less, and getting in more nutrients each day than adults who skip breakfast. Including a breakfast into your day is linked to many health benefits including weight control and improved performance. Try to include at least 3 food groups into your breakfast meal.

Non-Traditional Options
- Sandwiches
- Cottage cheese and fruit
- Any healthy leftovers
- Tortillas with filling (your choice)

Breakfast on the Run
- Low-fat yogurt and a piece of fresh fruit
- Hard-boiled egg and a banana
- Whole-wheat English muffin with peanut butter
- Breakfast smoothie
- Homemade trail mix (cereal, raisins, nuts, dried fruit)
- Whole grain muffin and low-fat milk

Choosing Cereals
Breakfast cereals vary greatly in their nutritional content. Read the nutrition facts label to determine the best choice for you.

1. Go for fiber.
Try to choose a cereal that has $\geq 3$ grams of fiber per serving.

2. Limit sugar.
Shoot for a cereal that has $<8$ grams of sugar per serving. Another way to estimate the amount of sugar is to read the ingredients list.

3. Check the ingredients label.
The ingredients are listed according to what is used the most. Look for a whole grain as the first ingredient.
Oatmeal Pancakes
6 Servings

Ingredients

1 ¼ c. Low-fat milk
½ c. All-purpose flour
1 c. Regular oatmeal
1 T. Brown sugar
1 T. Vegetable oil
1 tsp. Baking powder
2 Eggs
½ tsp. salt

Directions

1. In a medium bowl, combine milk and oatmeal. Let stand 5 minutes
2. Add oil and eggs. Mix well
3. Stir in flour, brown sugar, baking powder, and salt
4. Stir batter before pouring each pancake
5. Pour 1/4 cup of batter for each pancake on a lightly oiled and heated griddle or skillet
6. Cook until the pancakes are full of bubbles and the under-surface is lightly browned. Lift the spatula and flip over. Lightly brown the other side

Nutrition Information per Serving: Calories 150, Total Fat 4 g (6% DV), Saturated Fat 1 g (6% DV), Cholesterol 85 mg (28% DV), Sodium 240 mg (10% DV), Total Carbohydrate 21 g (7% DV), Dietary Fiber 2 g (6% DV), Sugars 4 g, Protein 7 g, Vitamin A 6%, Vitamin C 0%, Calcium 15%, Iron 8%.