

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

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## Power Up with Breakfast

**Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.**

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.



## Springtime Cereal

Makes 2 servings

$\frac{3}{4}$  cup wheat and barley nugget cereal

$\frac{1}{4}$  cup 100% bran cereal

2 tsp toasted sunflower seeds

2 tsp toasted almonds, sliced

1 tbsp raisins

$\frac{1}{2}$  cup bananas, sliced

1 cup strawberries, sliced

1 cup raspberry or strawberry yogurt,  
low-fat

Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds and almonds in a medium bowl. Add raisins, bananas and half of the strawberries. Gently stir in the yogurt and divide between two bowls. Scatter the remaining strawberries over the top and enjoy!

### Nutrition Information per serving:

Calories: 352

Fat: 6 g

Saturated fat: 1 g

Carbohydrate: 69 g

Sodium: 272 mg

Fiber: 8 g

### Find more healthy eating tips at:

[www.kidseatright.org](http://www.kidseatright.org)

[www.eatright.org/nutritiontipsheets](http://www.eatright.org/nutritiontipsheets)

If your taste buds just don't crave breakfast foods, try these:

- Peanut butter and banana sandwich on whole-grain bread
- Leftover veggie pizza
- Deli turkey, a slice of low-fat cheese and lettuce wrapped in a tortilla
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.

Power up with a healthy breakfast and you're off to a great start!

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit [www.eatright.org](http://www.eatright.org).**



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

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This tip sheet is provided by: