

## Breakfast

Start your day off right with a healthy breakfast. Breakfast refuels your body and jump-starts your day. In the rush of the morning, many people skip this meal. But, eating a healthy breakfast is essential. Whether you are tired of eating the same things for breakfast or you need to begin eating breakfast, here are some tips to spice up your breakfast routine:



### Breaking-the-Fast: On the Run

**Cereal** Choose high fiber cereals like Cheerios, Kashi or Raisin Bran.  
Pack the cereal and milk in a plastic container.  
Pair with a piece of fruit.

**Oatmeal** Use the microwave for speedy prep.  
Add milk instead of water.  
Mix in Craisins, raisins, or nuts.

**PB Sandwich** Use whole wheat bread or a rice cake.  
Add dried fruit, like raisins.

**Cereal bar** Make sure to choose high-fiber, low-sugar bars.  
Add a piece of fruit.

**Cheese and Crackers** Whole grain crackers  
Low fat cheese

**Breakfast** 1 cup of Cheerios

**Trail Mix** ¼ cup raisins  
¼ cup almonds

### Breaking-the-Fast: In the Dining Hall

**Parfait** 1 cup of vanilla yogurt  
1 spoonful of granola or your favorite cereal  
Fresh fruit (banana, strawberries, blueberries, raspberries)

**Waffle** 1 waffle  
1-2 spoonfuls of yogurt  
Strawberries and fresh fruit

**English Muffin** 1 English Muffin  
1 tablespoon peanut butter  
1 sliced banana

**Veggie Omelet** Stop by the omelet station and ask for egg whites.  
Fresh veggies (peppers, onions, tomatoes, mushrooms)

**Egg Sandwich** 1-2 scrambled eggs  
2 slices whole wheat toast  
Pair with ½ grapefruit.

