

# Making Smart Breakfast Choices

## WHAT MAKES A SMART BREAKFAST?

A smart breakfast includes one item from each of these three groups:

- **GRAIN**
- **PROTEIN/DAIRY**
- **FRUIT/VEGETABLE**

## FITTING BREAKFAST INTO YOUR DAY

- Get it ready the night before.
- Keep it real simple.
- Pack it to go.
- Plan and shop ahead.



## CHOOSE ONE FROM EACH GROUP

### GRAIN

- Whole-wheat tortilla
- Whole-grain bagel
- Whole-wheat pita bread
- Whole-wheat toast
- Low-fat granola bar
- Oatmeal
- Whole-wheat toaster waffle
- Whole-grain cereal

### PROTEIN/DAIRY

- Low-fat milk
- Low-fat string cheese
- Low-fat cottage cheese
- Low-fat yogurt
- Peanut butter
- Hard-cooked egg
- Hummus
- Low-fat ham or turkey

### FRUIT/VEGETABLE

- Banana
- Raisins
- Apple
- Grapes
- Orange slices
- Kiwi
- Tomato juice
- Broccoli
- Sliced tomato
- Other in-season fruits/vegetables

## WINNING COMBINATIONS FOR YOU AND YOUR FAMILY!

Use the lists above to create three different breakfast combinations for you and your family. Feel free to add your own items. Remember, your goal is to include a grain, protein/dairy and fruit/vegetable.

### BREAKFAST 1

Grain:

---

Protein/Dairy:

---

Fruit/Vegetable:

---

### BREAKFAST 2

Grain:

---

Protein/Dairy:

---

Fruit/Vegetable:

---

### BREAKFAST 3

Grain:

---

Protein/Dairy:

---


Fruit/Vegetable:

---



# French Toast

Makes 8 servings | Serving Size: 1 slice

 **Tips:** This recipe is great topped with fresh fruit. Serve with cold nonfat or low-fat milk.

If you have more than you can use, freeze and save for another day. Your French toast can be reheated in the microwave, toaster or toaster oven.

 **Look for Local:** Use fresh, local, in-season berries such as blueberries, blackberries, and strawberries for this recipe. You can even mix them up.

## Ingredients

- 4 eggs, beaten
- 1 cup skim milk
- 1/2 teaspoon ground cinnamon or nutmeg
- 1/2 teaspoon vanilla
- 8 slices of whole-wheat bread (Day-old bread is easier to use.)
- 1 tablespoon butter

## Directions

1. In a large bowl, beat eggs with fork, and add milk, cinnamon and vanilla. Beat together until mixed well.
2. Melt butter in a large skillet on medium-high heat.
3. Dip one slice of bread at a time in the egg mixture to coat both sides.
4. Place in hot skillet. Brown each side, about 2 minutes or more.
5. Serve the toast with pancake syrup, fruit sauce (recipe below) or applesauce.


## FRUIT SAUCE (optional) Makes 8 servings. Serving size: 1/4 cup

### Ingredients

- 3 cups sliced strawberries or other fruit of your choice
- 1/3 cup lite maple-flavored syrup (reduced sugar)
- Dash cinnamon

**Directions:** Combine syrup and cinnamon in microwave safe dish. Place in microwave and heat approximately 30 seconds or until warm. Spoon over fruit and toss gently. Serve immediately over French toast.

## Nutrition information Per Serving

|                     |               |                      |  |      |
|---------------------|---------------|----------------------|--|------|
| <b>FRENCH TOAST</b> | Dietary Fiber | 7 g                  | Protein  | 0 g  |
| 180 calories        | Sodium        | 210 mg               | Total Carbohydrate   | 11 g |
| Total Fat           | 5 g           | <b>FRUIT TOPPING</b> | Sodium   | 0 mg |
| Saturated Fat       | 1 g           | 45 calories          |  <b>Excellent source of Vitamin C</b> |      |
| Protein             | 9 g           | Total Fat            | 0 g  |      |
| Total Carbohydrate  | 25 g          | Saturated Fat        | 0 g  |      |



# Add Some Kick to Your Cleaning

Turn on your favorite music while cleaning. Intensity is everything. Stepping, dancing and twirling to the music at a moderate intensity can boost your enjoyment of a dull task. Make up your own workout as you clean and move to the music. Clean against the clock. Use a timer as a way to motivate yourself to finish quicker.