

Brilliant Breakfasts

Breakfast is the “most important meal of the day” because it provides the body with energy it needs to start the day. Those who regularly eat breakfast have greater ability to concentrate, have better reaction times, and have more energy!

Ideally, breakfast should contain a substantial amount of carbohydrates (from foods like whole grain cereal, toast, fruit, and juice) and some protein (from low fat dairy or eggs). Foods that are high in sugar such as doughnuts, cinnamon rolls and soda should be avoided because they can cause blood sugar levels to drop, leaving one feeling drowsy and less energetic.

Choose natural foods such as fruits, vegetables, and whole grains. Here are some examples of healthy breakfasts:

- Whole grain cereal with skim milk
- Vegetable omelet
- Fruit smoothie
- Yogurt and granola
- Whole wheat toast
- Eggs

Learn more about healthy breakfasts at www.MyPyramid.gov

