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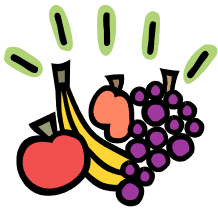
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MIDDLESEX COUNTY PUBLIC HEALTH DEPARTMENT

TIP SHEET

Making Smart Breakfast Choices

Starting your day with a good breakfast helps to boost energy and increase attention span, thereby increasing productivity and a general sense of well-being. The ideal healthy breakfast should include an item from each group: grain, protein and fruit.



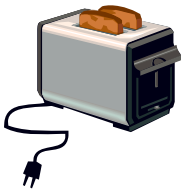
FRUIT: Fruit gives you fiber. Fresh fruit is the best choice. Examples of those to choose from are: oranges, grapefruits, apples, bananas, grapes, kiwis, mangos, melons, and berries. It is a great idea to eat two servings of fruit in the morning. Try to add fruit to cereal. Canned fruit packed in its own juice (not syrup) is also an option. For fruits not in season, try buying frozen.



HIGH FIBER HOT CEREAL: Oatmeal is the obvious favorite. It is full of fiber and now comes in a convenient microwavable option for those with less time in the morning.



HIGH FIBER COLD CEREAL: Dietary fiber intake among adults in the United States averages about 15 grams per day according to the American Heart Association. Adults consuming 2000 calories a day, however, should include around 31 grams of dietary fiber a day (USDA Food Guide). Choose a cereal with 3 – 5 grams of fiber per serving. Choose cereals that have 5 grams or less of sugar per serving (four grams of sugar equals one teaspoon of sugar).



HIGH FIBER WHOLE GRAIN BREAD: Eat a slice or two of toast in the morning or a whole grain bagel with a topping of applesauce or peanut butter. Choose bread with at least 2 grams of dietary fiber per slice.



HEALTHY PROTEIN OPTIONS: Low fat or skim milk, low fat yogurt, peanut butter, hard boiled eggs, scrambled egg whites, hummus and low fat ham or turkey are healthy protein options for breakfast.

IMPORTANT NOTE FOR COFFEE DRINKERS:

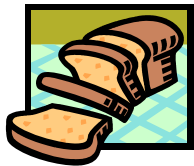
For those people who drink coffee regularly each morning it is important to remember that they are consuming extra calories and fat each time they have coffee with whole milk, regular or flavored creamers. **EXAMPLE:** Flavored creamers can range from 35 to 85 calories (2 tablespoons) and 1.1 to 2.2 grams of fat per serving.

Smart Breakfast Choices for “On the Go”

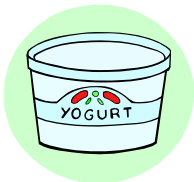


FRUIT: Apples, bananas and grapes are easy to grab and eat on the go in the morning. Try washing and setting aside fruit in the evening so it is ready to take with you. Light orange juice will give you a serving of fruit in liquid form, and it is easy to take on the go. Try cutting up some cantaloupe the night before and portioning it into smaller serving sizes. It will only take a few minutes to eat your prepared fruit before you head out the door.

LOW FAT HIGH FIBER CEREAL BARS: Choose a cereal bar with 3 – 5 grams of fiber, 6 – 10 grams of protein and the lowest fat content possible. For those with five to ten minutes to spare, choose a cereal with 3 – 5 grams of fiber per serving and sit down to a bowl prepared with skim or low fat milk. To sweeten it a little, add fresh blueberries or bananas.



HIGH FIBER WHOLE GRAIN BREAD: Leave a napkin or paper plate out by the toaster the night before. Toast a slice or two of high fiber whole grain bread or a whole grain bagel in the morning. Spread with applesauce, peanut butter (for added protein), or 100% fruit spread and walk out the door. Choose bread with at least 2 grams of dietary fiber per slice. Or grab a piece of whole grain bread, spread with one tablespoon of peanut butter and wrap it around a banana. You now have a fun healthy wrap to take on the road.



HEALTHY PROTEIN OPTIONS: Low fat or skim milk can be added to your coffee or tea. Low fat yogurt smoothies or soy yogurt drinks are high in protein (some even have fiber added). If you have a couple of minutes to sit down and enjoy, scoop out low fat yogurt into a bowl, add fresh fruit (washed, cut and readied the night before) and sprinkle with grape nuts or oatmeal. For those with 10 minutes to spare, scramble up some egg whites or cook an egg white omelet with fresh veggies (washed, cut and set aside the night before). Breakfast does not only have to include traditional foods; as long as it is healthy, you can eat anything. Try preparing a low fat chicken or turkey sandwich or wrap the night before. Grab out of the fridge and hit the road!

WATCH OUT FOR:

Fatty sweets such as danish, doughnuts, muffins, cinnamon rolls and toaster items. While they are often easy to grab on the go, they are full of fat and sugar and have little nutritional value. It is also best to stay away from salty, fatty meats such as bacon, ham and sausage; instead try lean meats like chicken or turkey.