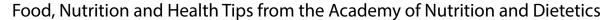
Eat Right





Smart Tips to 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 whole grain cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Grits topped with a sprinkle of low-fat cheese and spinach or tomatoes. Add a cooked egg on the side.



- 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.

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

- Hummus spread on a whole-grain toasted bagel with cucumber and tomato slices on top.
- · Leftover veggie pizza
- Low-fat cottage cheese with fruit
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.
- Corn tortilla with mashed avocado, black beans, salsa, and low-fat shredded Cheddar cheese

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

Microwave Denver Scramble Slider

Makes 1 Serving

Ingredients:

- 1 tablespoon chopped onion
- 2 tablespoons chopped red or green bell pepper
- 1 egg
- 1 tablespoon water
- 1 thin slice deli ham (chopped)
- 1 slider-size bun or whole wheat English muffin (split and toasted)

Nutrition Information per serving:

Calories: 240 Protein: 16 q

Total Fat: 6 g Total Carbohydrate: 29 g

Saturated fat: 2 g Dietary Fiber: 4 g

Sodium: 550 mg

Directions:

- 1. Place pepper and onion in an 8 oz ramekin or custard cup or small bowl. Microwave on high for 30 seconds and stir.
- 2. Add egg, ham and water. Beat until egg is blended.
- 3. Microwave on high for 30 seconds and stir. Microwave until egg is almost set, 30 to 45 seconds longer. Note: Scrambled eggs will continue to cook and firm up after removed from the microwave.
- 4. Season with salt and pepper if desired. Serve in bun.

Source: Meeting Your MyPlate Goals on a Budget Toolkit by MyPlate National Strategic Partners; MyPlate Kitchen, formerly What's Cooking? USDA Mixing Bowl

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit <u>www.eatright</u>.org.



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