

# Breakfast Made Easy

## 1. Why should I eat breakfast?

Breakfast lifts your brain power! It also raises your energy so you can do the things you want to do. When kids eat breakfast, it helps them learn and concentrate.

## 2. What is a healthy breakfast?

Breakfast should have at least three of the five food groups listed in MyPlate, one being the dairy group.

Those groups are:

- Grains (bread, cereal, rice, pasta)
- Fruits
- Vegetables
- Proteins (beans, peanut butter, eggs, meats)
- Dairy (low-fat/nonfat milk, yogurt, cheese)

For more info on the food groups, go to

[www.choosemyplate.gov](http://www.choosemyplate.gov)

## 3. What if I don't have time to make breakfast in the morning?

- Prepare breakfast foods the night before.
- Get up 15 minutes earlier to give yourself time to prepare breakfast.
- Choose easy to prepare foods such as:
  - Low-fat/nonfat yogurt, sliced fruits, and nuts
  - Cheese quesadilla and sliced apples
  - Cereal with low-fat/nonfat milk and berries

## 4. What if I don't like breakfast foods?

Try non-traditional breakfast foods like leftovers from the prior night's dinner, pizza, a burrito, pasta, or a rice dish. Get creative!

## 5. What if I am not hungry in the morning?

Bring a healthy snack with you in case you get hungry mid-morning. Simple foods, like a banana and roasted almonds can help curb hunger until lunch.

## 6. What should I remember when I make breakfast?

- **Keep it nutritious:** All nutritious foods make good breakfast foods.
- **Make it delicious:** Try something new along with your favorites.
- **Ask for help:** Involve your family with planning and preparing breakfast. Get the kids involved!



## Breakfast Ideas

- **Hearty breakfast:** Spinach omelet, whole-wheat toast, low-fat milk, cut fruit
- **Light breakfast:** Whole wheat English muffin with peanut butter, sliced bananas, calcium fortified orange juice
- **Cool and refreshing breakfast:** Halved cantaloupe, filled with low fat cottage cheese, nuts, dry cereal
- **Breakfast on the run:** Low-fat cheese in a pita with cucumbers and tomatoes, a glass of low-fat or nonfat milk

## More Information

U.S. Department of Agriculture  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

National Dairy Council  
[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

Los Angeles County Nutrition and Physical Activity Program  
[www.publichealth.lacounty.gov/nutrition](http://www.publichealth.lacounty.gov/nutrition) or call (213) 351-7889

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