

Building a Healthy Breakfast with Kitchen Staples

To get a good start for the day, we need to eat a balanced breakfast with a variety of foods. It is not necessary to spend a lot of time and energy to get off to the right start. When building your healthy breakfast, include the following:

- some type of whole grain for fiber and to fill you up
- fruit for the vitamins and minerals to boost your immune system
- protein to build muscles – protein containing foods include eggs, nut butters, milk, yogurt (more in Greek yogurt), beans, and meats
- a healthy fat such as a flaxseed meal, chia seeds, chopped nuts, or avocado
- some source of calcium, such as 1% milk, yogurt, cheese, or other calcium fortified nondairy alternatives
- Include veggies when you can

Many single foods contain more than one of these items. For example, yogurt contains protein and calcium.

Here are 3 breakfast ideas to keep you going:

1. Breakfast burrito – scramble egg in microwave with $\frac{1}{4}$ cup spinach and 1 tablespoon cheese. When cooked, add to a whole wheat tortilla with $\frac{1}{4}$ cup black beans and 1 tablespoon shredded cheese (can also add sliced avocado and salsa) then wrap in a whole wheat tortilla.
2. Smoothie - blend 1 cup of low-fat Greek yogurt, $\frac{1}{2}$ cup frozen blueberries, $\frac{1}{2}$ frozen banana, 1 tablespoon flaxseed meal or chia seeds, and 1-2 handfuls of spinach with $\frac{1}{3}$ cup water.
3. Overnight Oats – Mix $\frac{1}{4}$ cup old-fashioned oats, $\frac{1}{2}$ cup Greek yogurt, $\frac{1}{2}$ cup 1% milk or plant-based alternative, $\frac{3}{4}$ cup blueberries, and 1 Tablespoon Chia seeds in a small mason jar or Tupperware container. Cover and let sit at least two hours or overnight.