

Make Breakfast Healthy

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Why eat breakfast?

Eating a healthy breakfast helps you get important nutrients your body needs. People who skip breakfast often miss the opportunity to get nutrients like calcium, potassium, fiber, folate, iron and vitamin B12.

Eating breakfast is also important if you have children or teens. Children who eat breakfast may do better in school, both in their grades and their behavior.

Eating breakfast may help with weight loss or help you stay at a healthy weight.

EGG MUFFINS

Servings: 12

This basic recipe provides protein that helps keep hunger away for longer periods than a breakfast with a lot of carbohydrates and little protein.

Non-stick cooking spray

12 large eggs

1/2 cup onion, chopped

1/2 cup bell pepper (green or other colors), chopped

1/2 teaspoon kosher salt

1/4 teaspoon ground black pepper

1/2 cup cheese, shredded (cheddar or any type)

Add Ins: chopped vegetables (tomatoes, spinach, mushrooms, broccoli), chopped lean ham crisp bacon, 1/4 teaspoon spices or dried herbs (garlic powder, basil, oregano), salsa (in the mixture or as a topping)

1. Heat oven to 350 F. Spray muffin tin with non-stick spray or line with paper muffin liners.
2. Beat eggs in a large bowl. Stir in onion, green pepper, salt and pepper.
3. Add cheese and any other ingredients you prefer.
4. Fill each muffin cup about 3/4 full with egg mixture.
5. Bake until muffins have risen and are slightly browned and set, about 25-30 minutes.
6. Store extra muffins in the refrigerator up to four days or freeze.



Nutrition information per serving: 114 calories; 4 g saturated fat; 9 g protein; 1 g total carbohydrate, 0 g dietary fiber, 0 g added sugars, 98 mg calcium, 227 mg sodium.

What is a healthy breakfast?

GRAINS

Tips: Choose whole grain products more often than refined grains. Check the ingredient list for whole grain ingredients.

Examples: Whole wheat toast, English muffins, waffles or tortillas; oatmeal.

DAIRY

Tips: Look for low-fat or fat-free dairy products.

Examples: Skim or 1 percent milk, low-fat cottage cheese, low-fat cheese, low-fat, low-sugar yogurt, calcium fortified soy milk.

PROTEIN

Tips: Look for lean protein foods that are lower in saturated fat and calories.

Examples: Eggs, peanut butter, lean deli meat, dried beans.

FRUITS

Tips: Fresh, canned or frozen fruits are all good choices. Choose fruits canned with juice instead of syrup and 100 percent fruit juice to reduce added sugars.

Examples: Canned fruits such as peaches or pears, frozen berries, whole fruits like apples or bananas, 100 percent fruit juice (in small amounts).

VEGETABLES

Tips: Choose fresh, canned or frozen vegetables. Avoid extra sodium by choosing low sodium canned vegetables and rinsing canned vegetables before cooking.

Examples: 100 percent vegetable juice, chopped vegetables added to scrambled eggs, omelets or omelet muffins.

For a balanced breakfast, combine foods from at least three food groups:

Examples:

- Whole wheat bagel with peanut butter and low-fat milk
- Low-fat yogurt with berries and a whole wheat waffle
- Oatmeal topped with nuts and dried fruit
- Whole wheat tortilla with scrambled eggs, black beans, salsa and low-fat cheese
- Whole wheat bread with lean turkey, low-fat cheese and tomato
- Low-fat cottage cheese with canned peaches and a slice of whole wheat toast
- Boiled egg with tomato juice and a whole wheat English muffin
- Whole wheat waffle topped with berries or applesauce and low-fat milk
- An apple and a Western omelet with green peppers, mushrooms, and onions

My Breakfast Combinations



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