

Your guide to

# A balanced breakfast

Bonus:  
5 breakfast  
recipes

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

# How to create a balanced breakfast

Between work schedules, long commutes, and school drop-offs, do you find yourself in a rush each morning? Does this morning scramble mean your breakfast is whatever you can grab on the way out the door? Or maybe you skip breakfast altogether?

If this sounds familiar, you're not alone. About 1 out of 7 adults skips breakfast daily.

But research has found that those who skip breakfast tend to eat more calories, saturated fat and added sugars throughout the day. They also come up short on vital nutrients like folate, calcium, iron and vitamins C and D.

The good news is, eating a healthy breakfast doesn't have to be hard or time-consuming. We're sharing simple ways to get the healthy breakfast you're after.

**Building a healthy breakfast is about balance. Aim for a mix of filling carbs, satisfying proteins and healthy fats. Here are some easy options to keep in mind:**



## Carbohydrates

- Fruit: apple, banana, blueberries, cherries, grapefruit, mango, peach
- Whole or sprouted grains: bread, buckwheat, English muffin, oats, tortilla, waffles
- Vegetables: asparagus, broccoli, onion, peppers, spinach
- Low-fat dairy: milk, cottage cheese, unsweetened Greek yogurt, kefir, unsweetened yogurt (regular)

Note: Most dairy foods are also a source of protein.



## Protein

- Beans
- Eggs and egg whites
- Lox/smoked salmon\*
- Tofu
- Turkey sausage\*

\*If you are watching your salt intake, keep in mind that these foods are higher in sodium.



## Fats

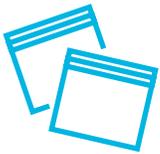
- Almonds
- Avocado
- Avocado oil
- Chia seeds
- Nut butter (peanut, almond, etc.)
- Olive oil
- Walnuts

## 5 Time-saving tips and tricks

If there's any part of your day when you're trying to save a few minutes, it's probably in the morning. Try these tips and tricks to make your mornings a little easier.



**Batch cook in advance:** Waffles, burritos, pancakes—the possibilities are endless. Instead of making one serving of waffles, make four (or more) and freeze the rest to have on hand for those extra-busy mornings.



**Pre-portion what you'll need:** Do you enjoy smoothies in the morning? Fill a few bags with all the ingredients portioned out (bananas, ice, spinach, seeds, etc.) and freeze. In the morning, dump out a bag in the blender with your liquid of choice and breakfast is served. You can apply this same idea to oatmeal and toppings and other breakfast foods.



**Wash and pre-chop ahead of time:** If you enjoy omelets in the morning, wash and chop your veggies in advance. This will save you loads of time in the morning. A fruit parfait? Wash and slice the fruit you'll need the night before.



**Choose no-cook:** Breakfast doesn't have to be hot to be healthy. A bowl of whole grain cereal with milk, a smoothie or yogurt and fruit—all of these options pack in nutrients and take no time (or stove) to throw together.



**Love your leftovers:** You can enjoy your leftovers the next morning. Leftover broccoli? Chop it up and make a scramble with eggs. Leftover tomato sauce from spaghetti the night before? Make a shakshuka by adding eggs and throwing it in the oven.

# Trying to lose weight? Avoid these 4 common breakfast mistakes

## Eating breakfast while distracted



Eating in the car or in front of your computer is common, but this doesn't mean it's good for your health. A recent study found that when we eat while distracted—like watching TV, driving in the car, or scrolling on our phones—we eat about 15% more calories.

## Skipping breakfast



If you're skipping breakfast to help lose weight, this could backfire. A study found that eating breakfast can not only help you lose weight, but help you keep it off, too. Of course, what you eat matters as well. Follow the tips in this guide and try our recipes for a balanced breakfast.

## Drinking juice instead of eating whole fruit



Yes, juice is vitamin- and mineral-packed, but it's missing one major nutrient—fiber. Fiber is what keeps us feeling fuller longer. It slows down digestion, which also supports stable blood sugar levels.

## Skimping on protein



Did you know that Americans get about 75% of their protein from lunch and dinner? It's true. Our breakfasts tend to be higher in carbs and lower in protein. But protein keeps us feeling satisfied. Aim for 20-30 grams of protein at breakfast to help spread out your intake throughout the day.

**5 Breakfast recipes** ↘



## Green tea smoothie with mango & pineapple

### Ingredients

8 oz brewed green tea,  
chilled or room temperature

4 oz unsweetened  
vanilla almond milk

1/2 cup low-fat or fat-free  
plain Greek yogurt

1/2 cup frozen mango chunks

1/2 cup pineapple chunks  
(fresh or canned in own juice)

3 cups baby spinach

1 Tbsp honey

6 walnut halves

### Preparation

*Makes:* 1 serving

*Preparation time:* 5 minutes

In blender, puree ingredients (except walnuts) until smooth. Add ice for thicker consistency if desired. Enjoy with walnuts on the side for a more balanced breakfast.

### Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Potassium
<b>376</b>	<b>14 g</b>	<b>2 g</b>	<b>201 mg</b>	<b>11 mg</b>	<b>51 g</b>	<b>6 g</b>	<b>42 g</b>	<b>20 g</b>	<b>770 mg</b>



## Black bean & egg breakfast scramble

### Ingredients

½ cup sliced red bell peppers  
¼ cup sliced onion  
½ cup canned black beans,  
rinsed and drained  
¼ tsp chili powder  
Salt and pepper, to taste  
1 tsp olive oil  
1 whole egg, beaten  
2 egg whites, beaten  
1 cup baby spinach  
2 Tbsp 2% fat shredded  
cheddar cheese

### Preparation

*Makes:* 1 serving  
*Preparation time:* 10 minutes  
*Cook time:* 8 minutes

Sauté peppers, onion, beans, chili powder and salt and pepper in oil for 4-5 minutes. Add eggs, spinach and cheese and cook for an additional 2-3 minutes.

### Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Potassium
<b>292</b>	<b>10 g</b>	<b>3 g</b>	<b>406 mg</b>	<b>166 mg</b>	<b>28 g</b>	<b>11 g</b>	<b>4 g</b>	<b>23 g</b>	<b>1,939 mg</b>



## Zucchini spiced pecan pancakes

### Ingredients

1/3 cup prepared whole grain  
pancake mix

1/3 cup grated zucchini

1/3 cup shredded carrot

2 Tbsp chopped pecans

1/2 tsp pie spice

Cooking spray

1 tsp maple syrup

### Preparation

*Makes:* 1 serving

*Preparation time:* 10 minutes

*Cook time:* 5 minutes

Mix batter, zucchini, carrots, pecans, and spice. Spray a skillet with cooking spray and cook three approximately 4-inch pancakes. Drizzle lightly with syrup.

Serve with a side of turkey bacon or sausage, low sodium (can be vegetarian), to help complete a balanced meal.

### Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Potassium
<b>242</b>	<b>14 g</b>	<b>2 g</b>	<b>330 mg</b>	<b>32 mg</b>	<b>26 g</b>	<b>4 g</b>	<b>6 g</b>	<b>6 g</b>	<b>350 mg</b>



## Spinach & egg sandwich

### Ingredients

- 1 tsp olive oil
- 1 cup spinach
- 1 egg, beaten
- Salt and pepper, to taste
- 1 whole grain English muffin, toasted
- 1 slice reduced-fat Swiss cheese

### Preparation

- Makes:* 1 serving
- Preparation time:* 5 minutes
- Cook time:* 4 minutes

Heat oil in pan and sauté spinach for 1 minute. Add egg and salt and pepper and cook an additional 2 minutes. Put spinach and egg on English muffin with a slice of Swiss cheese.

### Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Potassium
<b>329</b>	<b>15 g</b>	<b>4 g</b>	<b>444 mg</b>	<b>179 mg</b>	<b>32 g</b>	<b>5 g</b>	<b>4 g</b>	<b>20 g</b>	<b>367 mg</b>



## Herbed cheese & tomato bagel

### Ingredients

- ½ cup part-skim ricotta cheese
- 2 tsp chopped fresh chives
- 2 tsp chopped fresh parsley
- 2 tsp chopped fresh basil
- Dash of black pepper
- 1 small whole grain bagel, toasted
- 1 tomato, sliced

### Preparation

Makes: 1 serving  
Preparation time: 5 minutes

Stir fresh herbs and black pepper into cheese. Spread on toasted bagel and top with tomato slices.

Use as many slices of tomato on bagel as desired, consuming the whole tomato to help complete a balanced meal. Choose low-sodium ricotta cheese products.

### Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Potassium
<b>333</b>	<b>12 g</b>	<b>6 g</b>	<b>373 mg</b>	<b>38 mg</b>	<b>39 g</b>	<b>7 g</b>	<b>9 g</b>	<b>22 g</b>	<b>327 mg</b>