



Rise and Shine: Nutritious Breakfast Options

Why breakfast matters

Breakfast is the first meal of the day. After sleeping all night, your body needs fuel to wake up and get moving. Eating a healthy breakfast can:

- Give you energy
- Help you focus at school or work
- Keep your blood sugar steady
- Make it easier to choose healthy foods later in the day

What makes a good breakfast?

A balanced breakfast includes different nutrients:

- **Carbohydrates:** give your body quick energy
- **Protein:** builds and repairs muscles, help you stay full longer
- **Fiber:** keeps your digestion healthy
- **Healthy fats:** provide lasting energy

When you mix these foods together, you'll feel full, energized, and ready for the day.

Easy food ideas

Carbohydrates: Whole Grains

- Oatmeal
- Whole grain bread or tortillas (like English muffins, mini bagels)
- Whole grain cereal with less than 10 grams of sugar per serving
- Unsweetened dry cereal
- Whole grain granola or granola bars with less than 10 grams of sugar per serving
- Whole grain waffles or pancakes



Protein (Lean or Low Fat)

- Fat free or skim milk
- Low fat or Greek yogurt (less than 10 grams of sugar per serving)
- Low fat cottage cheese (2% or less milkfat)
- Low fat cheese like mozzarella
- Ricotta cheese
- Keifer (a drinkable yogurt)
- Eggs (any style)
- Smoked fish like salmon
- Ground turkey
- Beans
- Tofu
- Nuts and seeds or nut/seed butters (like peanut butter or sunflower seed butter)
- Protein powder (whey, casein, or plant-based)

Fiber: Non-starchy Vegetables and Fruit

- **Non-starchy vegetables:**
 - Fresh, frozen, or canned with no added salt
 - Examples: broccoli, peppers, onions, tomatoes, cucumbers, carrots, leafy greens, mushrooms, green beans, cauliflower
- **Fruit:**
 - Fresh, frozen, or canned in juice (drained)
 - Examples: apples, pears, berries, banana, melon, citrus, grapes, pineapple, pomegranate, mango, kiwi.

Healthy Fats

- Cooking oils: olive, avocado, canola, sunflower
- Nuts and seeds or nut/seed butters (like peanut butter or sunflower seed butter)
- Avocado
- Cold-water fish like tuna or salmon
- Flaxseed, chia seeds, hemp seeds



Five go-to breakfast recipes

1. Oats Your Way

A quick, healthy meal that can be eaten warm or cold. Great for busy mornings!

Serves: 1

Ingredients

- ½ cup old-fashioned oats
- ⅓ cup plain Greek or low fat yogurt



- ½ cup fruit (fresh or frozen)
- 2 teaspoons (tsp) sweetener (honey, maple syrup, brown sugar, or agave)
- ⅓ cup milk (cow's milk or unsweetened almond, soy, cashew, rice, etc.)
- 1 tablespoon (Tbsp) nut butter (peanut, almond, cashew, sunflower seed, etc.)
- 1 tsp chia seeds
- Optional: spices (cinnamon, nutmeg, ginger) and toppings (extra fruit, nuts, coconut, chocolate chips)

Instructions

1. Mix all ingredients (except toppings) in a microwave-safe container. Cover and refrigerate overnight.
2. In the morning, microwave for 1 to 2 minutes or eat cold. Add toppings before eating.

Nutrition (example with blueberries, almond butter, maple syrup, almond milk): 478 calories, 14g fat, 49g carbs, 9g fiber, 18g protein

2. Versatile Egg Bites

Skip the drive-thru! These egg bites are easy to make and store.

Serves: 12

Base Ingredients

- 12 large eggs
- ⅓ cup milk (dairy or unsweetened plant-based)
- ¾ tsp salt
- ¼ tsp black pepper
- ¾ cup shredded cheese (optional)
- Cooking spray

Instructions

1. Preheat oven to 300°F. Spray a 12-cup muffin tin.
2. Whisk eggs, milk, salt, pepper, and cheese.
3. Pour into muffin cups. Bake 25 to 30 minutes until set.
4. Cool 5 minutes. Store in fridge up to 7 days.

Flavor Ideas

- Greek: spinach, tomatoes, feta
- Italian: tomatoes, pesto, mozzarella
- Broccoli cheddar: chopped broccoli, cheddar
- Mushroom and onion: sautéed onions, mushrooms
- Bacon jalapeño: cooked bacon bits, diced jalapeño

Nutrition (base recipe with fat free, skim milk and cheddar): 101 calories, 7g fat, 1g carbs, 8g protein



3. Yogurt Parfaits

A fun way to layer yogurt, fruit, and granola.

Serves: 8

Ingredients

- 32 ounces plain or low sugar yogurt (less than or equal to 15g sugar, greater than or equal to 10g protein per serving)
- 2 cups fruit (fresh or frozen)
- 2 cups low-sugar granola (less than or equal to 10g sugar per serving)
- 8 small containers or jars

Instructions

1. Add $\frac{1}{2}$ cup yogurt to each jar.
2. Top with fruit.
3. Add $\frac{1}{4}$ cup granola.
4. Seal and refrigerate up to 3 days.

Tip: Keep granola in a baggie if you want it crunchy.*

Nutrition: 183 calories, 4g fat, 23g carbs, 2g fiber, 14g protein



4. DIY Frozen Egg Sandwiches

Make your own healthier breakfast sandwiches to freeze and reheat.

Serves: 6

Ingredients

- 6 eggs
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ tsp salt
- $\frac{1}{8}$ tsp pepper
- $\frac{1}{2}$ pound frozen spinach (thawed, drained)
- 1 bell pepper, diced
- 6 whole grain English muffins
- 6 slices cheese
- 6 turkey or chicken sausage patties (low sodium)

Instructions

1. Preheat oven to 350°F. Mix eggs, milk, salt, pepper, spinach, and peppers.
2. Pour into greased baking dish. Bake 30 minutes until set. Cool and cut into 6 pieces.
3. Build sandwiches: muffin + egg patty + cheese + sausage + muffin top.
4. Wrap each sandwich and freeze up to 2 months.
5. Reheat in microwave: defrost, then heat 30 seconds.

Nutrition: 353 calories, 16g fat, 28g carbs, 4g fiber, 23g protein



5. Blender Oat Muffins

Easy muffins made in a blender — less mess, more flavor!

Serves: 12

Ingredients

- 2 cups rolled oats
- 2 ripe bananas
- 2 eggs
- 1 cup plain nonfat Greek yogurt
- 2 to 3 Tbsp honey or maple syrup
- 1½ tsp baking powder
- ½ tsp baking soda
- ½ tsp vanilla extract
- ⅛ tsp salt
- Up to ½ cup mix-ins (chocolate chips, nuts, fruit)

Instructions

1. Preheat oven to 400°F. Grease or line muffin tin.
2. Blend all ingredients (except mix-ins) until smooth.
3. Stir in mix-ins.
4. Pour into muffin cups. Bake 15 minutes until firm.
5. Cool 10 minutes. Store up to 4 days or freeze for longer.

Nutrition (with chocolate chips): 157 calories, 4g fat, 24g carbs, 3g fiber, 5g protein



A world of breakfast

Breakfast looks different around the world, but many cultures include the same healthy parts: **carbohydrates, protein, fiber, and healthy fats**. Trying foods from other places is a fun way to enjoy new flavors and learn about traditions. Here are 4 tasty examples.

Middle Eastern: Labneh (Yogurt Cheese)

A creamy yogurt cheese often eaten with bread, veggies, or fruit.

Serves: 4

Ingredients

- 4 cups (32 ounces) plain yogurt (whole or low fat)
- ¾ tsp salt



Optional toppings

- Garlic, olive oil, herbs (mint, parsley, oregano)
- Warm pita bread
- Veggies (carrots, cucumbers, tomatoes, radishes)
- Fruit (like strawberries with honey)

Instructions

1. Mix yogurt and salt in a bowl.
2. Pour into a cloth-lined strainer over another bowl. Tie the cloth and let drain 24 to 48 hours.
3. Remove labneh from cloth, place in a bowl, and add toppings. Serve with pita, veggies, or fruit.

Nutrition (per serving): 133 calories, 9g carbs, 24g protein

Hispanic: Huevos a la Mexicana/Pericos (Scrambled Eggs with Veggies)

Scrambled eggs with tomatoes, onions, and peppers for extra flavor and color.

Serves: 4

Ingredients

- 1 tbsp oil (vegetable, canola, or olive)
- ½ cup chopped onion (or 2–3 green onions)
- 1 serrano pepper, diced (optional)
- 2 roma tomatoes, diced (½ cup)
- 4 eggs
- Salt and pepper

Instructions

1. Chop veggies.
2. Heat oil in a pan. Cook onions for 1 minute.
3. Add pepper and tomatoes. Cook 2 minutes.
4. Beat eggs lightly in a bowl. Pour over veggies.
5. Season and cook 2 minutes until eggs are set. Serve warm.

Nutrition (per serving): 227 calories, 6g carbs, 13g protein

Indian: Kolkatta Egg Rolls

A popular street food made with flatbread, eggs, and fresh veggies.

Serves: 4

Ingredients

- 4 parathas (flatbreads, frozen or homemade)
- 4 eggs
- 2 tbsp milk
- ½ tsp salt, ½ tsp pepper, ½ tsp turmeric
- 1 small red onion, sliced



- 2 green chilies, chopped
- 1 cucumber, sliced
- ½ red bell pepper, sliced
- Juice of ½ lime
- ¼ cup cilantro, chopped
- 1 tsp chaat masala
- Ketchup (optional)

Instructions

1. Mix onion, cucumber, pepper, chilies, lime juice, and chaat masala in a bowl.
2. Cook parathas as directed.
3. Whisk 1 egg with milk, salt, pepper, and turmeric. Pour into pan, then place paratha on top. Flip carefully.
4. Add veggie mix and cilantro. Drizzle lime juice or ketchup if desired.
5. Repeat for all parathas.

Nutrition (per serving): 391 calories, 47g carbs, 13g protein

Southern U.S.: Southern Grits with Eggs

A comfort food made with cheesy grits, veggies, and eggs.

Serves: 4

Ingredients

- ¾ cup quick-cooking grits
- ½ cup shredded cheddar cheese
- 8 eggs
- 2 tbsp oil (vegetable, olive, or avocado)
- 8 oz okra, chopped
- 1 bunch scallions, chopped
- 1 green bell pepper, sliced
- Salt, pepper, cayenne (optional)

Instructions

1. Boil 3 cups water. Add grits and cook 5 minutes until thick. Stir in cheese, season, and cover.
2. Heat oil in skillet. Add okra, scallions, and bell pepper. Cook 3–4 minutes.
3. Crack eggs directly on top of veggies. Cover and cook 6 minutes until eggs set.
4. Serve with extra scallions and seasoning.

Nutrition (per serving): 340 calories, 12g carbs, 17g protein

