

Breakfast Ideas to Get You (and your day) Started...



**Barrie and Community
Family Health Team**

A Healthy Breakfast can:

- Contribute to good health by providing key vitamin, minerals and phytochemicals
- Decrease symptoms of hunger like headache, fatigue and sleepiness
- Provides energy to be alert, concentrate and perform better physical activity
- Helps to maintain a healthy weight

Omelet: Sautee ½ -1 med tomato, chopped, in 1 tsp olive oil. Add chopped spinach leaves. Add in 1 egg, ¼ c -1 cup egg whites. When just about done, sprinkle with a little feta cheese. Have with ½ c berries or ½ piece of fruit on the side. Although this seems like a lot of work, it can be made in about **5 min with practice!** **Note:** any veggies will do, this is just an example above.

Banana or apple pancake: Grate 1 apple with skin on, or mash 1 banana in a bowl. Add cinnamon to your taste. Add 1 whole egg + ¼c liquid egg whites OR use 2 whole eggs. Optional: add ¼ cup dry oats to the mixture. Heat a frying pan, add 1 tsp butter/marg/oil to the pan, and cook the 'pancake' until done on the bottom side. Flip and cook the remainder of it. Serve with 1 cup berries and ½ cup of plain unsweetened yogurt! *Option* – add 1 tbsp chopped nuts while its cooking.

Oatmeal Pancake: ½ c old fashioned oats, ¼ c 1% cottage cheese, 4 egg whites (½ c) OR 2 eggs, 1 tsp vanilla extract, ¼ tsp cinnamon, ¼ tsp nutmeg. Blend ingredients together in bullet or blender until smooth. Spray a non-stick frying pan. Add batter and cook over med heat until done. Serves 1.

Breakfast Parfait: ¾c cup plain or Skyr Greek yogurt or cottage cheese (1-2% M.F), ½ -1 c berries, 1 TBSP ground flaxseed OR chia seed OR hemp hearts + ¼ c bran buds

Night Before Musli: mix ¼ c – ½ c dry oats + 2 tbsp- ¼ c milk and let it sit overnight in the fridge Add ½ to ¾ cup plain Greek yogurt or cottage cheese (1-2% M.F), ½ -1 c berries, 1 TBSP seeds (see tip).

Quick tip: Premix together 1/4c each of chia seeds, ground flax, and hempseed and keep in air tight container. Use 1tbsp total to get the benefit of all 3.

2 hard boiled eggs with 1 piece of fruit. This is for the mornings you are really in a rush to get out the door! Hard boiled eggs will keep 1 week in the fridge, with their shell on.

Oatmeal: 1/3 to ½ cup quick oats, 2/3 to 1 cup water or low-fat milk (use 1 cup if making oat bran), some cinnamon and 1 tbsp **chia seeds** or **ground flaxseed**. Microwave 2-3 min, cook power 7 or 70%. Add 2 tbsp **pumpkin seeds** or **sunflower seeds** and 1/2c **frozen berries** with a splash of milk (almond, rice, or soy also work). You can lay everything out the night before – just add water and micro the following day.

Option: Add a hard boiled egg on the side if it doesn't hold you long enough. Add ¼ c **bran buds** to oatmeal after cooking to boost fibre intake (adds 9 grams!). **OPTION:** if it's too hot to cook, try soaking the oats over night in milk and eating them cold – add the mix'ins the night before (or first thing in the morning) and dig in.

www.lentils.org www.pulses.org www.ontariobeans.on.ca www.cookspiration.com www.unlockfood.ca

Your Health, Our Community, One System: Leading the Way in Health Care

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High fibre cereal $\frac{3}{4}$ - 1 cup (5+g fibre per serving and less than 8g sugar per serving) with 1tbsp ground flaxseed, 1% or skim milk or milk alternative, $\frac{1}{2}$ c berries or 1 small piece of fruit, and 2 tbsp nuts. Alternatively, use $\frac{1}{2}$ c **Greek 2% MF plain yogurt** instead of milk.

High fibre trail mix: Mix $\frac{1}{2}$ to $\frac{3}{4}$ cup of dried high fibre cereals, including 2 TBSP walnuts and 2 TBSP dried fruit and a container of 1% or skim milk.

Whole wheat English muffin with 1 egg and 1tbsp grated hard cheese, tomato, lettuce, and sliced cucumber. To make it a little more fancy add some pesto and mustard and substitute goat cheese for cheddar.

2 TBSP natural PB or almond, 1 slice whole grain bread or a small whole wheat wrap. Add $\frac{1}{2}$ banana on top with a sprinkle of cinnamon or add piece of **fruit** on the side.

Veggies & Fruit!: cut up 1-2 cups of your favorite veggies, add 1 piece of fruit, and 1.5 ounces of cheese or 2 HB eggs (e.g. 2 low-fat baby bells, or about the size of 1.5 9 Volt battery).

Smoothie or Protein shake: 1 cup milk or milk alternative; hand full greens (like spinach or kale); fruit (like banana or berries); 1 tbsp ground flaxseed, chia seed or hemp seed; for protein add either plain greek yogurt, nut butter or protein powder; for flavor options add vanilla extract, cinnamon or cocoa powder

TIPS!

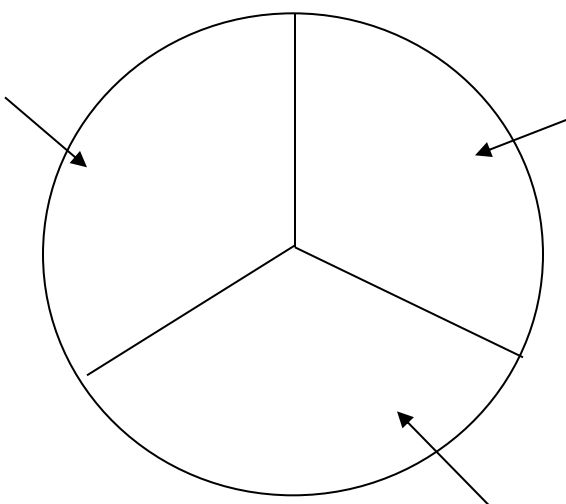
Make sure to have meals at the table, without the distraction of the TV or computer.

You **will** feel fuller and more satisfied for the rest of the day. You can read or eat, but not read *and* eat at the same time. Light a candle, turn on the music, and enjoy!

Having a **glass of water** first thing in the morning after waking up to rehydrate your body first thing in the morning.

Protein: 15-20g

(egg/whites, $\frac{1}{2}$ - $\frac{3}{4}$ cup Greek yogurt or cottage cheese 1-2%MF; meat/ fish/ poultry; PB 2 tbsp; hempseed/ pumpkin seeds /sunflower seeds – $\frac{1}{4}$ cup; protein powder providing 20-25g protein



Carbs (whole grain is best) – bread 1-2 slices, quinoa, oats ($\frac{1}{3}$ - $\frac{1}{2}$ cup dry); brown rice $\frac{3}{4}$ c; millet; buckwheat; whole wheat eng muffin; whole grain pancakes (2 small).

Fruit and/or Veg

1 piece or $\frac{1}{2}$ c fruit salad or 1 cup of berries. Veggies are unlimited at breakfast – try a breakfast salad or some celery sticks and cucumber.