


# A Healthy Body Suits Me



## **Breakfast Is for Champions:**

### **12 Great Food Ideas for Easy, Make-Quick Breakfasts**

- ½ cup juice or ½ cup low-fat milk with:
  - Raisin toast with peanut butter and banana
  - Whole-wheat toast with peanut butter
  - Bran muffins with peanut butter, banana
  - Hot cereal, cinnamon applesauce
  - Frozen waffle or pancake, orange wedges
  - Hard-boiled egg, whole-wheat toast
  - Refried beans, eggs, tomato and potato chunks on corn tortilla
  - Cinnamon oatmeal with raisins, peaches
  - Refried beans and tomato slice on toasted whole-wheat bread
  - Scrambled-egg sandwich on whole-wheat bread
- Cold cereal, fresh fruit, ½ cup low-fat milk
- Whole-wheat toast with peanut butter, fruit smoothie (blend frozen banana, frozen strawberries, with ½ cup apple juice or nonfat yogurt)

### **10 Ways Champions Make Time for Breakfast**

- Plan breakfast ahead of time
- Prepare breakfast the night before and store in fridge
- Decide what to wear the night before and set out clothes
- Move faster while getting ready
- Make a quick breakfast of cereal with milk
- Eat breakfast at school or day care
- Eat while waiting for the bus
- Eat breakfast at work
- Leave breakfast food at work to eat when you get there
- Go to bed half an hour earlier so you can get up half an hour earlier

Circle one you will try.