Building a Better Breakfast

There are three main reasons you should eat breakfast:

» Breakfast boosts your metabolism. By starting your day with a balance of carbohydrates and lean protein, you can actually boost calorie burn throughout the day by speeding up your metabolism.

» Breakfast prevents crescendo eating. What begins with skipping breakfast often builds to an evening finale. Spreading calories throughout the day can help you stay lean by providing steady fuel for your metabolism.

» Breakfast stabilizes blood sugar. A breakfast of lean protein and fiber helps your body process carbohydrates better. Keeping your blood sugar stable helps prevent hunger pangs and improves energy levels.

How to build a better breakfast:

1. **Lean protein**: good choices are low-fat cottage cheese, yogurt or kefir (be sure to keep sugar content low), egg or egg whites, a vegetarian or low-fat turkey sausage patty, or a scoop of protein powder mixed with yogurt or into a smoothie

2. **Whole grains**: whole-grain bread with at least 3 g of fiber, cereal with at least 5 g of fiber, or oatmeal

3. **Antioxidants**: brightly colored fruits or veggies

4. **Optional healthy fat**: nuts or all-natural nut butter (peanut, almond, etc), 1–2 tbsp

Sample meals:

» Cottage cheese and fruit

» Breakfast sandwich: whole-grain bread, tortilla or English muffin with 1 egg or 2 egg whites and a side of fruit

» Yogurt and fruit parfait: 1 cup low-fat yogurt or kefir + ½ cup high-fiber cereal and ½ cup of berries

» Protein smoothie: 1 scoop protein powder in 1 cup skim milk plus ½ to 1 cup fresh or frozen fruit

» Oatmeal with berries: cinnamon or Splenda® for flavor + berries and sliced almonds

Grab-and-go options:

» Low-sugar yogurt smoothie or cottage cheese

» High-fiber cereal bar such as FiberOne®, Kashi GOLEAN® or All-Bran®

» Fruit and a handful of nuts, such as almonds

» Peanut butter fold-over (natural peanut butter, whole-grain bread)

» Fried egg in a whole-wheat tortilla

» Boiled egg and piece of fruit