

# Breakfast Basics

A nourishing breakfast gives you a boost of energy to wake up your body and mind. It fuels the start of a busy day, helps you focus and keeps you going until lunch. Aim to eat a balanced breakfast that includes grains, protein and vegetables or fruit.

## Fill Up On Fibre and Protein

Fibre and protein keep you feeling full. Including them in your breakfast gives you longer lasting energy.

### Choose foods with fibre:

- Choose whole grain or whole wheat bread, bagels or tortillas.
- Buy cereal with at least 4 grams of fibre per serving.
- Have a bowl of oatmeal.
- Sprinkle flax, chia or hemp seeds on cereal or add to a smoothie.
- Top yogurt with nuts and berries.
- Add black beans or lentils to a breakfast wrap.

### Save time by having speedy protein foods:

- Cheese, milk, yogurt
- Eggs
- Leftover cooked meat, poultry or fish
- Nuts, nut butter
- Baked beans



## Boost Your Breakfast With Vegetables and Fruit

Add colour, variety and nutrients to your morning with vegetables and fruit. Whether you crave savoury flavours or love sweet tastes, there is a vegetable or fruit to brighten up your breakfast.

### Savoury

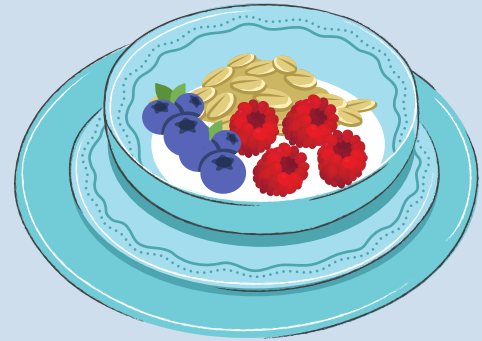
Add onions, peppers or mushrooms to your eggs.  
Top a breakfast sandwich with spinach and tomato.

### Sweet

Add fruit to your oatmeal or cold cereal.  
Make a smoothie.  
Munch on fresh local fruit.

## Start Your Morning With A Balanced Breakfast

- Whole wheat toast, eggs and fruit
- Oatmeal with strawberries, milk and a drizzle of honey
- English muffin with peanut butter and banana
- Vegetable omelet wrapped in a tortilla
- Smoothie (fruit, yogurt, milk) and a muffin
- Yogurt parfait (yogurt, fruit and granola or dry cereal)
- Pancakes or waffles topped with nut butter and fruit
- Whole grain bagel with cheese and tomato slices
- Breakfast sandwich with egg, cheese, spinach and mushrooms
- Cereal with milk and blueberries
- Leftovers from last night's supper...it doesn't have to be usual breakfast foods!



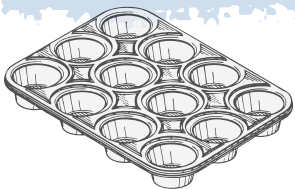
### Beat The Morning Rush

Stock your kitchen with foods that are easy and quick to prepare. Put them on your grocery list so you always have them in your kitchen for busy mornings, whether you are eating at home or on the go.

- Cheese, cheese strings, yogurt, milk
- Trail mix with nuts and dried fruit
- Nuts, seeds, peanut butter
- Crackers, granola bars
- Fresh or canned fruit, applesauce
- Raisins

Make breakfast items ahead of time so they are ready to eat when you are:

- Hard-boiled eggs or frittata
- Muffins, pancakes or waffles
- Overnight oats or baked oatmeal
- French toast bake or breakfast casserole



### Very Early Mornings

If your day starts very early and you have no appetite for a full breakfast, try eating a smaller, energizing snack. Try an apple and cheese, a glass of milk and handful of trail mix or a roll with peanut butter.