

Smart Start Breakfast Tips

7 tips for breakfast in minutes or less:

1. Leftovers can be a great option for a healthy and nutritious breakfast. Had whole-wheat pasta for dinner the night before? Warm it up for breakfast the next day. The nutrition doesn't change.
2. Have a batch of whole-grain, low-fat muffins or breads ready in the freezer. In the morning, pair one up with a banana and yogurt.
3. Do some prep! Cut up fruit the night before and keep in the fridge. Ta-da: A great nutritious topping for yogurt or cereal.
4. Mix it up. Smoothies make a quick, tasty and nutritious breakfast. Make sure you use 100 per cent fruit juice, low-fat yogurt and plenty of fruit.
5. Eat on the go. When you just have to get everyone out the door, pack fruit, whole-grain crackers and a piece of cheese for your kids to get their nutrition on the go.
6. Pump up the protein! Boil eggs the night before and pair up with apple slices and a piece of whole-grain toast for a healthy and quick breakfast.
7. Be a good role model. After all, if you aren't eating a healthy breakfast, why should they? Make time for eating with your children.



Breakfast ideas that will give you a nutritional A+!

- Whole-grain cereal with milk or yogurt and berries
- Cooked oatmeal with milk and topped with raisins and almonds
- Whole-grain pita pocket with peanut butter and banana slices
- Soft boiled egg on whole wheat toast with orange slices
- Whole-grain English muffin with melted cheese and apple slices
- Scrambled eggs with red peppers and salsa wrapped in a tortilla
- Cheese with whole-grain crackers and sliced tomatoes
- Homemade raisin bran muffin with a frozen fruit yogurt smoothie
- Scrambled eggs, whole-grain toast, one cup of milk and sliced apples
- One-half cup of 100 per cent orange juice, yogurt with whole-grain cereal and hard-boiled egg
- Whole-grain toast with peanut butter, sliced apples, one cup of milk
- Small fruit smoothie with fruit, yogurt and 100 per cent fruit juice
- Yogurt parfait with plain yogurt, ground flax seeds and fresh fruit with 100 per cent fruit juice