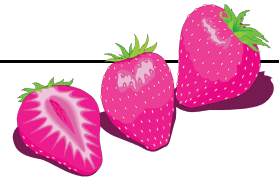


Build a better breakfast.

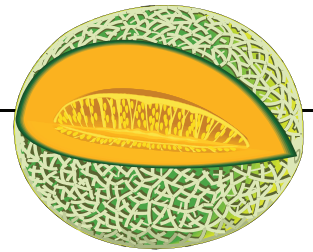


Do you usually eat in the morning? Yes No

If yes, what do you usually eat? When? Where?

If no, what are your reasons?

How does your morning eating pattern vary on weekends?



Did you know...?

- Breakfast can take less than 5 minutes to make and eat.
- People who eat breakfast tend to make healthier food choices during the day.
- Breakfast eaters tend to be in a better mood, have more energy, and do better on memory tasks.
- People who don't eat breakfast tend to overeat during the day, especially at night. So the next morning, they're less hungry and less likely to eat breakfast.

Do you skip breakfast and overeat at night?

If so, what food(s) could you eat less often at night? (List calories/fat.)

What food(s) could you gradually start eating in the morning? (List calories/fat.)

Planning a morning meal.

Keep it simple.

Breakfast can be a glass of orange juice, followed by a glass of skim milk, then a bagel later in the morning when you get to work.

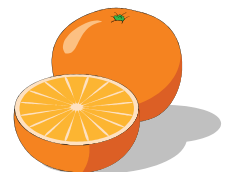
Concentrate on “carbo’s.” Limit fat and sugar.



Cereal	Choose cereals that are low in sugar. Eat less often: “frosted” or sweetened cereals, granolas, or cereals with nuts. Good choices are _____
Bread	Try toast, an English muffin, or a bagel. Top with nonfat cream cheese, jam, jelly, or all-fruit spread. Eat less often: croissants, biscuits, doughnuts, and most muffins.
Pancakes	Top with a small amount of low-fat margarine or reduced-calorie syrup, fresh fruit, or fruit purees like applesauce.
Potatoes	Make your own home fries with pan spray instead of oil. Heat a leftover baked potato in the microwave. Top with nonfat sour cream.
Leftovers	Use the microwave to reheat leftovers from last night’s dinner. Rice, pasta, or tortillas can be just as delicious at breakfast.

Add low-fat milk or yogurt and fresh fruit.

- Choose skim or 1% milk, nonfat or low-fat yogurt, either plain or sugar-free.
- Eat less often: Whole or 2% milk, regular sweetened yogurt.
- Choose fresh fruits or canned fruits packed in water or juice (not heavy syrup). Whole fruits are higher in fiber than juices.

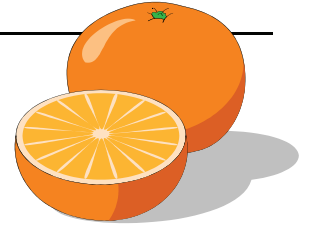


Eat these foods less often:

- Bacon (except Canadian bacon)
- Sausage
- Eggs
- Sugar, honey, regular syrup
- Margarine, butter, peanut butter
- Pastries, coffeecake, doughnuts

My best breakfast.

Look through several of your completed Keeping Track booklets.
Find some examples of healthy breakfasts.



What food choices work well for you?

How many fat grams and/or calories at breakfast are best?

Fat goal for breakfast: _____ grams

Calorie goal for breakfast: _____ calories

Use the examples to build 3 “standard” breakfast menus for yourself.

1. _____

2. _____

3. _____
