

Healthy Breakfasts



Eating a healthy breakfast every morning can be challenging, especially when you are on a budget. Here are some tips and tasty breakfasts to try.

Planning a Healthy Breakfast

- For a balanced breakfast, eat foods from at least two of these food groups:
 - **Whole grains:** Choices include whole wheat bread, whole grain cereal, and oatmeal.
 - **Fruits:** Choose frozen fruit; canned fruit in water or natural juices; dried fruit; or seasonal fresh fruit.
 - **Vegetables:** Breakfast is a good time to use up leftover veggies, or choose fresh or frozen types.
 - **Protein foods:** Choices include beans, lean meats, chicken, fish, tofu, and eggs. Eggs are one of the most budget-friendly and nutrient-packed foods you can eat.
 - **Dairy:** Choose low-fat or fat-free milk, yogurt, or cheese.
 - **Healthy oils:** Add small amounts of healthy oils like olive or canola oil or soft (tub or squeeze) margarine to breakfast.
- Limit foods with **saturated fat** or **trans fat**. These fats can increase the risk of heart disease.
 - Saturated fat is found in bacon, sausages, and other fatty meats; butter; whole and reduced-fat milk or yogurt; most cheeses; cream and half-and-half; coconut oil; palm oil; and palm kernel oil.
 - *Trans* fat is found in stick margarine and other foods with “hydrogenated” oil as an ingredient.
- Limit **added sugars**. Syrups, juice drinks, pastries, sugary cereals, and breakfast bars are high in added sugars.
- Stretch your dollars with the following healthy breakfast ideas.

Fruit Smoothie (about 99 cents per serving)

Blend bananas, berries, or other fruits with ½ cup fat-free or low-fat milk.

Food groups: Fruits and dairy.

Vegetable Omelet (about 32 cents per serving)

Add leftover cooked veggies, like broccoli, spinach, green peppers, and mushrooms, to a two-egg omelet.

Food groups: Protein foods and vegetables.

Oatmeal (about 52 cents per serving)

Buy a large package of rolled oats instead of costly single-serve packages. Top cooked oatmeal with banana or apple slices, raisins, or dried apricots. Or add canned fruits packed in water or natural juices. Eating a portion of 1 cup cooked oats (½ cup dry oats) controls calories and stretches your dollar.

Food groups: Whole grains and fruits.

Cereal and Milk (about \$1.38 per serving)

Choose a whole grain cereal with fat-free or low-fat milk. Top with fresh, seasonal fruit.

Food groups: Whole grains, dairy, and fruits.

Breakfast Bar (about \$1.25 per serving)

Purchase whole grain breakfast bars in bulk. Choose bars with whole grains and real fruit as ingredients. For a balanced breakfast, also eat a piece of fresh fruit or 6 ounces of fat-free yogurt.

Food groups: Whole grains and dairy or fruits.

Yogurt and Granola (about 69 cents per serving)

Buy cups of fat-free yogurt on sale or purchase it in larger tubs. Mix 6 ounces (¾ cup) yogurt with about 2 tablespoons of granola. Low-fat, store-brand granola tends to be cheaper, or use coupons.

Food groups: Dairy and whole grains.

Cottage Cheese and Fruit (about 87 cents per serving)

Buy low-fat cottage cheese in a tub. Top ½ cup with fresh fruits like melon, pineapple, or grapes. Or add canned fruit, like peaches or pears, packed in water or natural juices.

Food groups: Dairy and fruits.

Whole Grain Pancakes or Muffins (about 64 cents per serving)

Save money by making your own pancakes or muffins. Choose recipes that use whole grains (like whole wheat flour), fat-free or low-fat milk, and healthy oils, like canola. Serve with fruit.

Food groups: Whole grains and fruit.

