

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

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## Power Up with Breakfast

**Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.**

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.



## **Breakfast Burrito** (Makes 4 servings)

1 1/3 cups black beans (cooked, mashed with 1 teaspoon canola oil or use canned vegetarian refried beans)

4 tortillas, corn

2 tablespoons red onion (chopped)

1/2 cup tomatoes (chopped)

1/2 cup salsa, low-sodium

4 tablespoons yogurt, non-fat plain

2 tablespoons cilantro (chopped)

1. Mix beans with onion and tomatoes.
2. Microwave tortillas between two sheets of slightly damp white paper towels on high for 15 seconds.
3. Divide bean mixture between the tortillas.
4. Fold each tortilla to enclose filling.
5. Place on microwave-safe dish and spoon salsa over each burrito.
6. Microwave on high for 15 seconds.
7. Serve topped with yogurt and cilantro.

### **Nutrition Information per serving:**

Calories: 155

Total Fat: 2 g

Saturated fat: 0 g

Sodium: 287 mg

Total Carbohydrate: 18 g

Dietary Fiber: 5 g

Protein: 7 g

*Source: What's Cooking, USDA Mixing Bowl*

If your taste buds just don't crave breakfast foods, try these:

- Peanut butter and banana sandwich on whole-grain bread
- Leftover veggie pizza
- Deli turkey, a slice of low-fat cheese and lettuce wrapped in a tortilla
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.

Power up with a healthy breakfast and you're off to a great start!

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit [www.eatright.org](http://www.eatright.org).**



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

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