

EAT THIS, NOT THAT

— FOR BREAKFAST —

Every morning is an opportunity to start the day with great nutritional choices. If you're wondering what to grab on your way out the door, here are a few suggestions.

EAT THIS

WHY IT'S BETTER

NOT THAT



1 CUP COOKED STEEL-CUT OATS
SUGAR: 0 g.

STEEL-CUT OATS HAVE TWICE THE WHOLE GRAINS AND HALF THE SODIUM. PLUS, GRANOLA IS LOADED WITH SUGAR.

½ CUP GRANOLA
SUGAR: 14 g.



2 SLICES WHOLE GRAIN TOAST
CALORIES: 138

WHOLE-GRAIN TOAST HAS MORE DIETARY FIBER, FEWER CALORIES AND ROUGHLY HALF THE SODIUM OF A PLAIN BAGEL.

1 PLAIN BAGEL
CALORIES: 270



1 CUP NONFAT, PLAIN GREEK YOGURT WITH FRESH FRUIT
PROTEIN: 18 g.

NONFAT PLAIN GREEK YOGURT HAS DOUBLE THE PROTEIN OF REGULAR YOGURT, HELPING TO WARD OFF HUNGER. SKIP FLAVORED YOGURT THAT IS FULL OF SUGAR AND ADD FRESH FRUIT FOR NATURAL SWEETNESS.

1 CUP REGULAR WHOLE MILK FRUIT YOGURT
PROTEIN: 7 g.



2 EGG WHITES
SODIUM: 211 mg.

EGG WHITES PACK A LOT OF PROTEIN WHILE BEING HIGH IN HEALTHY OMEGA-3S AND VITAMIN A. BACON AND SAUSAGE ARE LOADED WITH FAT AND SODIUM.

3 PIECES OF BACON AND/OR SAUSAGE
SODIUM: 554 mg.



½ CUP OF BERRIES
SUGAR: 5 g.

EAT YOUR FRUIT, DON'T DRINK IT. JUICES ARE HIGH IN SUGAR AND REMOVE NEARLY ALL OF THE NATURAL FIBER - WHICH HAS DIGESTIVE BENEFITS.

1 CUP FRUIT JUICE
SUGAR: 21 g.



1 WHOLE-GRAIN ENGLISH MUFFIN
CALORIES: 132

NOT ALL MUFFINS ARE CREATED EQUAL. AN ENGLISH MUFFIN HAS HALF THE CALORIES, AND THE WHOLE GRAIN PROVIDES HEALTHY DIETARY FIBER.

1 BLUEBERRY MUFFIN
CALORIES: 444



1 BANANA
CALORIES: 105

STICK TO WHOLE FRUITS. SMOOTHIES ARE TOUTED AS HEALTHY, WHEN IN FACT EVEN SMALL SIZES OF COMMERCIALY PREPARED SMOOTHIES CAN BE LOADED WITH BOTH SUGAR AND CALORIES.

8 OZ. SMOOTHIE
CALORIES: 198



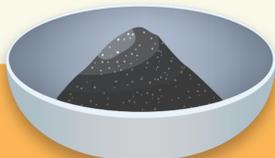
GREAT ADDITIONS TO ANY BREAKFAST

Top your favorite breakfast foods with one or more of these nutritional powerhouses for an extra morning boost.



GROUND FLAX-SEED

Sprinkle it on a cup of yogurt for an added boost of heart-healthy omega-3s and dietary fiber.



CHIA SEED

High in omega-3s, chia seeds also expand when you eat them to help you feel fuller.



WHEAT GERM

Add it to your cereal for an extra dose of vitamin E and folate.



BERRIES

A handful of berries added to plain yogurt or oatmeal can add sweetness and supply nutrients and fiber without adding refined sugar.

WHILE YOU EAT WELL, A PRIMARY CARE DOCTOR CAN HELP KEEP YOU WELL. IF YOU NEED HELP FINDING A DOCTOR, VISIT [SCRIPPS.ORG/HEALTHYSTART](https://www.scripps.org/HealthyStart) OR CALL 1-800-SCRIPPS (727-4777).

SOURCES:

SUPER FOOD TRACKER: <https://www.supertracker.usda.gov/foodapedia.aspx>

NUTRITION.GOV: www.nutrition.gov

USDA DIETARY GUIDELINES: <http://www.cnpp.usda.gov/DietaryGuidelines>