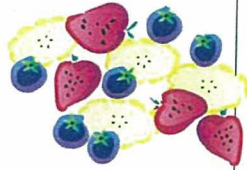


# LIVE WELL! TIPS TO SLIP MORE NUTRIENTS INTO YOUR BREAKFAST

Eating the nutrient rich way means getting the most vitamins, minerals and other nutrients—but not too many calories—from the foods you choose. Below is an assortment of quick, easy and tasty tips to boost the nutrient richness of your breakfast.



## Eye-Opening Breakfast Ideas

- For a “fiber-full” breakfast, top a bowl of whole grain or high-fiber cereal with blueberries, strawberries, sliced bananas or any favorite fruit.
- For a calcium boost, make oatmeal with fat-free milk instead of water. For extra fiber and nutrients, mix in some raisins, dried cranberries, cherries or blueberries, too.
- Customize fruit compote by mixing colorful favorites such as orange or grapefruit sections, kiwifruit slices, pineapple chunks and cantaloupe cubes. The more colors you mix, the more potassium, vitamin C and other nutrients you get.
- When you make pancakes, waffles and muffins, sneak in some whole grains by replacing one-half of the white flour with whole wheat flour. Grains give you fiber and important minerals such as iron, magnesium and selenium.
- Order your cappuccino or latte made with fat-free milk. You’ll get all the calcium and other essential nutrients in milk without the fat.
- Start your day with veggies—and all the nutrients they provide. Whip up a “Technicolor” omelet or scrambled eggs with chopped fresh spinach, tomatoes, peppers or any favorite vibrant-colored veggie.
- For a breakfast-style burrito—and a protein and fiber boost—fold eggs, beans, shredded lowfat cheese and vegetables into a whole wheat tortilla.
- Team your breakfast with a glass of 100% orange juice to up your intake of vitamin C, folate and potassium.
- For a veggie breakfast hash, sauté shredded carrots, zucchini, peppers, onions and uncooked hash browns in canola oil until tender. Mix in one egg and cook until egg is thickened and no visible liquid egg remains.



Are you looking for easy-to-make meals that taste great and are good for you? The selection below features delicious nutrient-rich meals you can mix and match to suit your taste buds and calorie budget.

## BREAKFAST

### 200-300 Calorie Breakfasts

#### Trustworthy Traditional:

Top 1 cup unsweetened cereal with 1/2 cup berries or a 6-inch banana and 1/2 cup fat-free or lowfat milk.

**The Eye-Opener:** Wrap 1/2 cup shredded lowfat mozzarella cheese, 1/2 cup roasted green and red pepper slices and 2 teaspoons horseradish mustard inside 2 ounces deli-sliced lean roast beef. Enjoy with 1/2 cup orange juice.

### 300-400 Calorie Breakfasts

#### Good-to-Go Breakfast Sandwich:

Place 1 poached egg, 1 ounce Canadian bacon and 1 ounce fat-free or lowfat cheese between two toasted whole grain English muffin halves.

**Power Pop-Up:** Toast a 4-inch whole grain toaster waffle and top with 1 cup lowfat or fat-free yogurt and 1/2 cup mixed berries.

**Bountiful Burrito:** Roll up 1 scrambled egg, 1/2 cup shredded lowfat cheddar cheese, 2 ounces cooked 90-95% lean ground beef, 1/2 cup cooked diced potatoes and 2 tablespoons salsa in a 6-inch whole wheat tortilla.

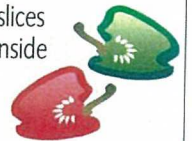
### 400-500 Calorie Breakfasts

#### Living Well Lift-Off:

Smooth 2 tablespoons peanut butter on a 3-inch toasted whole-grain bagel. Serve with 1/2 cup orange juice.

#### Rainbow Fruit Parfait:

Layer 1 cup fat-free or lowfat yogurt with 1/2 cup blueberries, 1/2 cup sliced strawberries and 1/2 cup sliced kiwifruit. Sprinkle with 1/2 cup lowfat granola.



**Tip:** To find your calorie needs based on your age, gender, height, weight and activity level, go to **MyPyramid.gov**.

**LIVE WELL!**

Enjoy Nutrient-Rich Foods.