



A nutrition Fact Sheet



Mmmm....Breakfast!

What do bunny slippers, whole grains, milk, and fruit have in common? You can enjoy all of them before you even get dressed. That's right, when you eat a balanced breakfast, you can check off a few servings of your daily whole grains, milk, and fruit before you're even out of your slippers!

Mix and Match Breakfast Ideas

Whole Grain	Dairy	Fruit
half sandwich on whole wheat bread	1 cup lowfat milk	banana
1 piece of whole grain toast	1 cup soy milk (calcium-fortified)	apple
1 small whole wheat bagel	1½ ounces cheese	100% fruit juice (4 oz.)
breakfast burrito (whole wheat tortilla with 1 scrambled egg and 1½ ounces cheese)		about 15 grapes
5 whole grain crackers	1 cup cottage cheese	½ cup canned peaches
½ whole wheat English muffin	1½ ounces cheese	orange
½ cup oatmeal	1 cup lowfat milk	¼ cup dried fruit and nuts
1 cup cold cereal	1 cup lowfat yogurt	½ cup frozen blueberries
Leftovers are perfect for breakfast, too!		

Make Mornings Easier

- EARLY to bed. EARLY to rise.
- PLAN morning menus each week.
- STOCK your kitchen with quick-to-fix breakfast foods.
- Give kids a CHOICE - offer a couple of different things for breakfast.
- SAVOR the mornings when you CAN cook breakfast with your loved ones.

Set Your Day's Pace -

Physical Activity in the Morning

Put on those walking shoes or play that aerobics video before anything else can disrupt your physical activity plans for the day. Those who are active in the morning are the most likely to stick to healthy habits.

Price Comparison Round-Up

	Cold Cereal	Oatmeal
Cost for 1 serving	\$0.25	\$0.08
Cost for 4 servings	\$1.00	\$0.32
Cost for 4 servings for 30 days	\$30	\$9.60

Feeding four people oatmeal instead of cold cereal could save you about \$20 a month!

Add Some Excitement to Your Hot Cereal

Does the thought of the same old hot cereal mixed with brown sugar and milk bring you down? How about adding some pizzazz to your oatmeal or 5-grain hot cereal? Stir in one or a combination of these delicious mix-ins to whatever you're having and you won't be sorry!

A Touch of Sweet

- Brown sugar
- Honey
- Maple syrup
- Molasses

Make It Fruity

- Applesauce
- Fresh fruit like apples and bananas, sliced or chopped
- Frozen fruit like strawberries, raspberries, and blueberries
- Canned fruit like peaches and pears, sliced or chopped
- Dried fruit like raisins, cranberries, or apricots

Go Nuts

- Almonds, walnuts, or pecans, chopped or sliced

Spice It Up

- Ground cinnamon
- Ground nutmeg



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Yogurt Fruit Crunch

Yield: 2 servings

Serving Size: ½ recipe

- ½ to ¾ cup fruit (fresh, frozen, or canned)
- 1 cup low fat yogurt
- 1 cup whole grain cereal

1. Wash fruit (if fresh). Cut fruit into bite size pieces.
2. Layer half of the cereal, yogurt, and fruit into a cup or bowl. Repeat in a second cup or bowl.

Nutrition Facts

2 servings per container
Serving size 1/2 of recipe
(162g)

Amount per serving
Calories 130

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 180mg 8%

Total Carbohydrate 24g 9%

Dietary Fiber 1g 4%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 1mcg 6%

Calcium 206mg 15%

Iron 4mg 20%

Potassium 47mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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