



A HEALTHIER BREAKFAST

To build a healthy breakfast we must consider the **3 F's: FIBER, FRUIT, and FAT:**

FIBER

- Helps us to feel full, keep our energy steady throughout the day, lower cholesterol, and go to the bathroom regularly
- The best sources of fiber include: "whole grains", fresh fruits, fresh vegetables, beans, and nuts
- **Choose breads, cereals, granola bars, and crackers with at least 3g of fiber per serving, and less than 7g of sugar per serving**

Need some suggestions for healthful **WHOLE** grains?

- Cheerios, Regular or Multigrain
- Kix
- Wheat Thins or Triscuits
- Plain Oatmeal with fresh fruit
- Kashi Granola Bars
- Thomas' Whole Wheat Mini Bagel

FRUIT

- **ALL fresh fruits are a great addition to any breakfast**
- Have a **variety of fruits and colors** so you get all of the vitamins & minerals your body needs
- **AVOID juice, even 100%, natural, homemade or organic juice!** Juice is filled with sugar, excess calories, and provides minimal nutrients compared to the whole fruit that it came from—trade OJ for a filling, fresh orange

Some tips to add some fruity fun to breakfast daily:

- Add chopped banana or berries to hot and cold whole grain cereals
- Grab a fresh fruit like apple, pear, or banana to eat on your walk or bus to school
- Add fresh fruit to plain yogurt for a sweet parfait
- Substitute juice with its fresh, whole food source: orange instead of OJ, apple instead of AJ

FATS -- ADD heart healthy, LIMIT saturated

- **ADD heart healthy fats** such as canola oil, olive oil, peanut or almond butter, walnuts, avocado, and "non-hydrogenated" spreads when available.
- **LIMIT butter, cheese, and fatty, high-sodium breakfast meats**, like bacon and sausage.
- **Include "low fat", "fat free", or "skim" dairy products** such as: (Greek) yogurt, milk or lactaid, cream cheese and 2% milk string cheese or cheese slices- or lactose free if needed.

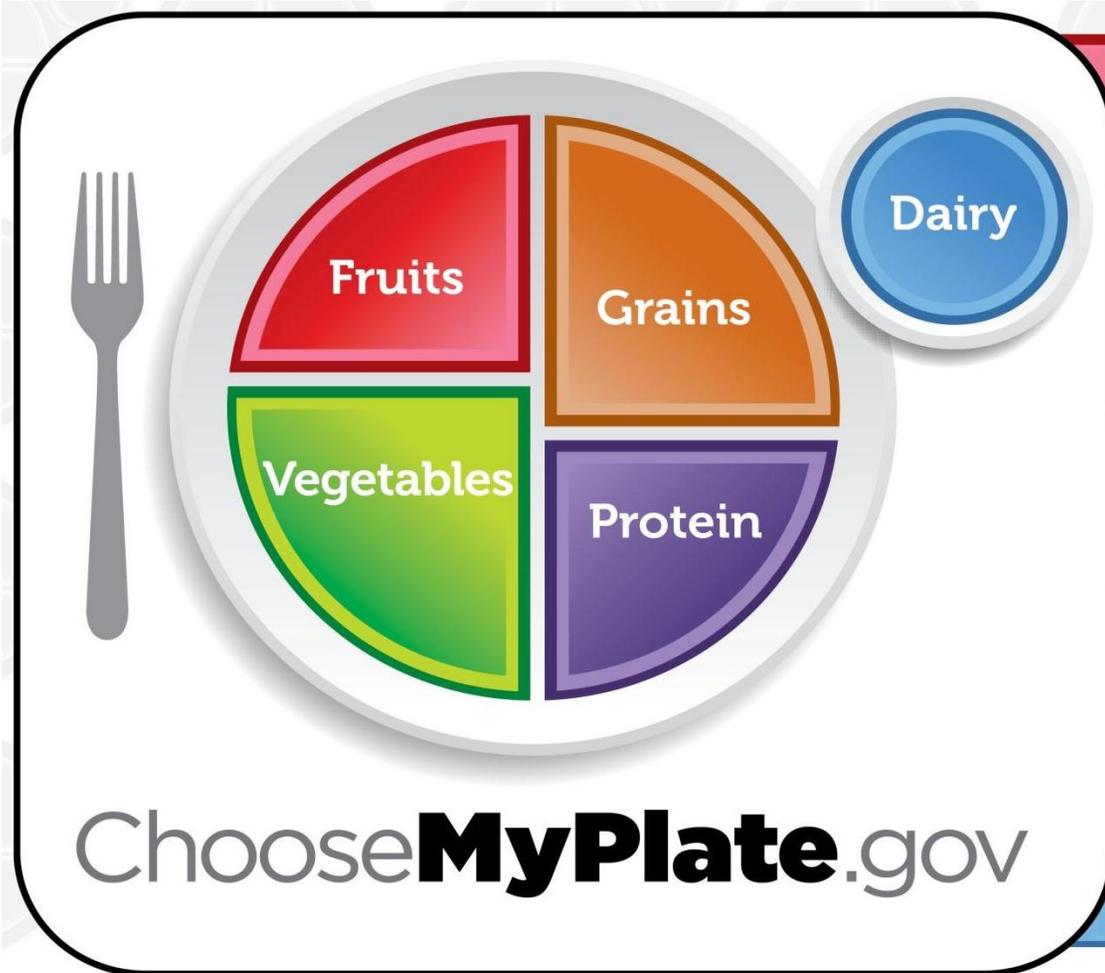
Some sandwich ideas for the deli:

- When you want cheese choose egg whites and ask for ONE slice of cheese only
- Try a slice or two of turkey instead of bacon, sausage, pepperoni, or salami
- Substitute a buttered roll with peanut butter OR avocado (and tomato) on whole wheat bread

Call today to discuss & schedule a Nutrition visit: (718) 920-4664 x 0

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Scarsdale 1075 Central Park Ave. 301

Let ChooseMyPlate.gov guide *your* plate!



FOCUS ON FRUITS

Fruits may be fresh, canned, frozen, or dried, or 100% juice. Make half your plate fruits and vegetables.



VARY YOUR VEGETABLES

Include dark green, red, orange, beans and peas, starchy, and other varieties.



MAKE AT LEAST HALF YOUR GRAINS WHOLE

Eat more whole grains such as whole wheat, bulgur, oatmeal, whole cornmeal, and brown rice.



GO LEAN WITH PROTEIN

Choose from a variety of meat, poultry, seafood, beans and peas, eggs, soy foods like tofu, nuts and seeds.



GET YOUR CALCIUM RICH FOODS

Choose fat-free or low-fat milk, yogurt and cheese.



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