

## Simple, Healthy Breakfasts

### The Importance of Breakfast

A healthy breakfast helps you and your family start the day with the energy you need. It fuels your body and can help improve focus at work or school. Eating a nutritious breakfast every day will help you feel and act your best while keeping you healthy.

### Healthy Breakfast Ideas

Trying a variety of healthy foods is important to find the ones you like. Stick to the ones you enjoy most to make breakfast simple and tasty. Try some of the foods suggested here to get the most out of your breakfast and your day:

- Oatmeal with cinnamon, applesauce, and a glass of milk
- A waffle or pancake with blueberries
- An English muffin with a slice of ham, egg, and cheese
- A raisin bran muffin, a banana, and a glass of milk

### Smaller Breakfasts

If you aren't typically hungry in the morning, it is still a good idea to eat something. Start small with some of these ideas:

- A cup of plain yogurt with a side of fruit
- A piece of whole fruit, such as a banana, orange, or apple
- A bowl of cereal with milk
- A slice of toast with nut butter and a glass of milk
- Half of a toasted English muffin with a slice of cheese
- Trail mix of raisins, nuts, and cereal

### Final Considerations

When trying these healthy breakfast ideas, remember to choose whole grains most of the time to get the most nutrition out of your meals. It's also better to choose cereals, oatmeal, and yogurts with little to no added sugar. Make sure to check the nutrition facts before you buy.

For more information about healthy eating and active living resources, please email [5210healthywashoe@nnph.org](mailto:5210healthywashoe@nnph.org).