

# STAYING WELL

## Breakfast is Brain Food

Breakfast means “to break the fast.” When we wake up in the morning, it has been about eight hours or more since the last time we’ve eaten any food. Our body needs the “fuel” from breakfast to get it going again. A healthy breakfast can improve our attention and concentration on our morning tasks and provides about a quarter of our daily calories and nutrients. Without a healthy breakfast, it may be difficult to make up this nutritional loss through other foods eaten throughout the day.

## What’s for Breakfast?

Here are some ideas for quick and healthy morning foods from each food group:

### Whole grains

- Serve whole grain breakfast cereals, pancakes, and waffles.
- Use whole wheat bagels, breads, tortillas, and pita pockets.



### Dairy

- Serve a glass of low-fat, fat free, or soy milk with breakfast.
- Prepare a breakfast parfait with fruit and yogurt.

### Protein source

- Choose eggs, nuts, cheese, or beans for sources of protein at breakfast.
- Hard-cooked eggs or cheese sticks are good choices for grab-and-go meals.
- Add nuts to hot or cold cereal for added protein.
- Add flavorful beans to an omelet filling.



### Fruits

- Whole fruits and vegetables offer more fiber than juice.
- Serve a warmed fruit sauce on buckwheat pancakes or whole grain French toast.
- Add dried fruits, such as cherries, cranberries, or apples to hot cereal.

### Vegetables

- Consider adding your favorite vegetable to an omelet or frittata.
- Serve carrots or celery with peanut butter for a different breakfast option.

*Adapted from U.S. Department of Agriculture, Inside the Pyramid*



**Wisconsin Nutrition Education Program** - Florence, Forest, & Vilas Counties 0410  
Florence Office: 715-528-5490, ext. 115; Forest Office: 715-478-7799; Vilas Office: 715-479-3653

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