



Nutrition

Breakfast Ideas

Eating a good breakfast affects how you feel, and can make your day energetic or sluggish depending on what you choose to eat (or not eat). Breakfast:

- Determines your ability to focus
- Influences your energy level throughout the day
- Improves your concentration
- Provides satiety so you're not munching all morning or reaching for a soda or coffee for energy

Because your blood sugar drops during the night, breakfast increases energy by maintaining blood glucose at normal levels; your brain relies exclusively on glucose carbohydrates for fuel.

Breakfast Ideas to start the morning, like you mean it!

- Egg-white omelet with veggies, whole-grain toast, fruit
Made with egg substitutes or 1 whole egg + 2 egg whites.
Add spinach, tomatoes, onions, bell peppers, and 1 tsp. parmesan cheese for flavor.
- Yogurt, cottage cheese, or string cheese with fruit
- Cereal (hot/cold), milk/soy milk, fruit
- Whole grain toast or graham crackers with peanut butter
- Fruit smoothie with yogurt/milk/soymilk/orange juice, fruit, and/or a small amount of protein powder
- Dried fruit & nuts
Include raisins, dried cranberries, walnuts, almonds, peanuts, cashews; Pre-pack in small plastic bags
- Healthy granola bar (Kashi, Fiber One)
- Dry cereal with added nuts (walnuts, almonds, peanuts, cashews)
- Low fat granola (1/4 cup) with berries and low fat milk, soymilk, or tomato juice
- Peanut butter & jelly sandwich on high fiber bread (>3g of fiber per serving)
- Cottage cheese "sundae" with sliced fruit & sunflower seeds
- Egg and toasted English muffin sandwich
- Quesadilla made with low fat cheese and veggies
- Hot cooked oatmeal topped with blueberries, chopped walnuts, and soy milk
- Fresh fruit salad topped with nonfat yogurt and low fat granola
- Low fat bran muffin, apple slices and milk
- Raisin bagel or toast, poached egg, and fresh orange wedges

If you skip breakfast, you are more likely to be overly hungry later. And then, you're more likely to overeat at lunch and/or dinner. No calories saved!

Make sure to include complex carbohydrates (>3g of fiber per serving) and lean protein at breakfast...you'll feel fuller longer!

People who regularly eat breakfast are more likely to maintain a healthy weight than those who don't.

For More Information:

Student Health Services619-594-5281
 Health Promotion.619-594-4133
 Visit Our Website at shs.sdsu.edu
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Student Health Services
 Division of Student Affairs