



Nutrition Education



Breakfast

As we age, it becomes increasingly more important to make sure we eat healthy, well balanced meals. This begins with breakfast. **Starting the day off with a nutritious breakfast is imperative to fuel the body and mind.**

A good breakfast includes:

Foods that are high in fiber, includes some protein, and healthy fats.

Foods to avoid at breakfast:

Foods high in added sugar, added fats, and highly processed meats.

Remember to hydrate in the morning by having a glass of water



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What are the benefits of breakfast?

- Gives you energy, especially after a night of fasting
- May increase cognitive function, memory and concentration
- Can foster a healthy weight by preventing malnutrition or unintentional weight loss
- May decrease the risk of chronic diseases

Let's start the day off with these nutritious and healthy breakfast ideas:

- Oatmeal made with low fat milk and topped with walnuts and/or berries
- Scrambled eggs with whole wheat toast, and fruit
- Yogurt Parfaits (yogurt layered with granola and fruit)
- Whole grain pancakes with Greek yogurt and honey
- Peanut butter toast topped with bananas
- Avocado Toast served with hard boiled eggs and fruit
- High fiber and low in sugar cereal with low fat milk
- Cream of wheat with milk and almonds



Fuel your day with a healthy breakfast and you'll be off to a great start!