

# EAT 5 BREAKFAST

*Start the day with an EAT 5 breakfast to support better energy, concentration, and mood at work and at home.*

\*the EAT 5 initiative is designed to integrate fruits and vegetables into the diet to get closer to the goal of five cups per day.

## FOLLOW THESE STEPS TO AN EAT 5 BREAKFAST:

### STEP 1. START WITH WHOLE GRAINS

Whole grains provide many nutrients (e.g.: folate, thiamin), important for metabolism and other body processes. Rich in fiber, whole grains promote bowel function and heart health. Fiber creates a feeling of fullness with fewer calories (great for weight control!).

- \*OATMEAL
- \*WHOLE GRAIN BREAD
- \*WHOLE GRAIN CEREAL

### STEP 2. GO LEAN WITH PROTEIN

Protein foods pack many essential nutrients (e.g.: B6, iron, and zinc), promote immunity, and are the building blocks for bones, muscles, and blood. Protein also keeps us satisfied by slowing digestion and helping maintain blood sugar.

- \*NUT BUTTER
- \*TAHINI
- \*YOGURT
- \*WHOLE EGGS
- \*CHIA SEEDS

### STEP 3. EAT 5 WITH A FRUIT OR VEGETABLE, OR BOTH

Diets high in fruits and vegetables are associated with reduced risk of chronic diseases. Naturally low in calories, fruits and veggies promote weight control. They also provide essential nutrients including vitamin C, potassium, and fiber.

- \*BERRIES
- \*PINEAPPLE
- \*ORANGE
- \*TOMATOES
- \*CUCUMBERS



### PRO TIP!

Not all breakfast cereals are created equal. Look for cereals with 3 or more grams of fiber, less than 10 grams of sugar and list a whole grain as the first ingredient (e.g.: wheat bran, whole grain oats, whole grain or whole wheat flour).

# EAT 5 BREAKFAST

The amount of time we are willing to spend on preparing breakfast depends on the day of the week, commute, or how many times we snooze. Here are some ideas to make an EAT 5 breakfast in any time crunch!

## HOW MUCH TIME DO YOU HAVE?

### On the Run

Prep time: 5 minutes or less

FOR THE MORNINGS YOU SNOOZE MORE THAN ONCE

#### YOGURT

BLUEBERRIES  
GRANOLA

#### WHOLE GRAIN CEREAL

1% MILK & ORANGE TO GO

#### SMOOTHIE

BANANA, RASPBERRIES, BABY SPINACH,  
ALMOND MILK AND CHIA SEEDS



*TIP: FILL BLENDER THE NIGHT BEFORE*

### Quick Prep Meals

Prep Time: 5-10 minutes

FOR THE MORNINGS YOU JUST SNOOZE ONCE

#### WHOLE GRAIN ENGLISH MUFFIN

ALMOND BUTTER  
BANANA SLICES  
SPRINKLE OF CINNAMON

#### EGG & AVOCADO

ON CORN TORTILLA  
TOPPED WITH SALSA  
PEAR TO GO



*TIP: GET YOUR FRUIT FIX ON THE GO WITH A WHOLE FRUIT  
LIKE AN APPLE, PEACH OR PEAR.*

### Weekend Meals

Prep Time: 15 minutes +

FOR LONG LEISURELY MORNINGS

#### STEEL CUT OATS

1% MILK  
VANILLA AND CINNAMON  
SLICED BANANA AND STRAWBERRY

#### SPINACH AND ASPARAGUS FRITTATA

WHOLE GRAIN TOAST  
FRESH CUT MELON



*TIP: FREEZE INDIVIDUALLY WRAPPED PORTIONS OF FRITTATA  
- PERFECT TO HEAT UP FOR AN ON THE GO BREAKFAST*