

Breakfast on the Run

When you hit the road with your busy schedule, be sure to pack your backpack or briefcase with nutritious breakfast foods. Whether you need a *grab 'n' go* breakfast as you head out the door, or have *just a little time* to pull ingredients together to prepare breakfast, it's easy to fuel your body when you plan ahead. Use these suggestions to help you begin your day with breakfast.

Grab 'n' Go Breakfasts

String cheese and a small bag of fresh grapes

Yogurt parfait - yogurt flavor of choice layered with crunchy low-fat granola/fruit

Breakfast banana split - top a vanilla snack pack with 1/2 sliced banana and three crumbled vanilla wafers

Snack packs of cottage cheese and fruit mixed together

Individual packets of oatmeal with skim milk; serve in a large mug

Non-Traditional Breakfasts:

Pizza bagel - spread pizza sauce on a bagel; top with mozzarella cheese and microwave until cheese melts

Baked potato topped with cheddar cheese or leftover chili and cheese

Rice pudding

Just A Little Time Snacks and Breakfasts:

Breakfast on a stick - layer pieces of fruit and cheese squares on a wooden skewer or stick

Pita pocket - scramble an egg and place in a whole-wheat pita pocket; top with cheese and veggies

Pita sandwich with lean deli meat cubes, cheese, lettuce or crunchy vegetables topped with a low-fat ranch dressing

Breakfast shake - add one cup skim milk and a scoop of ice cream to your blender; mix until smooth and pour into a travel mug

Breakfast roll-up - sprinkle shredded cheese and leftover cooked chicken on a flour tortilla and microwave until cheese melts; top with sour cream and favorite veggies and roll

Plan ahead:

Make your breakfast and snacks the night before. Refrigerate if necessary.

Pack bite- size pieces of fruit and cheese in small plastic bags.

Pack your dairy products in a small insulated bag with an ice pack that you can tuck into a book bag or briefcase.

To keep hot items warm, wrap in foil to eat on the way or when you get there.

Be a role model:

Let your children see you drink your milk.

Don't skip meals.

Eat healthy.

Participate in fun family activities that promote movement - scavenger hunt, bike ride, family walk at a park, rake leaves, make snowmen, swim in an indoor pool or participate in recreation center classes.