

WHAT'S FOR BREAKFAST?

You have heard it before. Breakfast is important. This meal will get your metabolism going. Breakfast also prevents you from overeating, snacking and binging on the wrong foods later in the day. Eating in the morning will also help give you the feeling of satiety until lunch.

Problem: Many people make the wrong choices. What you don't want to choose are fast food egg, cheese and bacon or sausage sandwiches, muffins, croissants, donuts and high sugar cereals. Watch the coffee too. First of all, separate coffee or any liquid from your solid foods. Be aware of the excessive calories coming from the cream, milk (unless fat free) and sugar.

Problem #2: People skip breakfast. Most people claim they are too busy to eat in the morning. Make the time. Get up earlier. Pack breakfast the night before to take to work. Others state they are just not hungry. Your body is just not use to eating at this time. Make an effort to eat and eventually your internal eating schedule will adapt and you will be hungry in the morning.

Healthy Options

- Hot low sugar oatmeal made with skim milk and fresh apple slices (careful for the apple peels) or any fresh, frozen or canned fruit (no heavy syrups)
- Hot low sugar oatmeal made with skim milk, frozen blueberries and sliced almonds
- Toasted whole wheat bagel thin with low fat cottage cheese and fresh fruit
- Toasted whole grain English muffin with natural peanut butter and a banana
- Toasted whole wheat English muffin with cottage cheese and pineapple.
- Toasted English muffin with sliced tomato and slice of low fat cheese, melted
- Breakfast burrito with whole wheat tortilla, egg substitute and vegetables
- Breakfast burrito with whole wheat tortilla, black beans and low fat cheese
- Whole grain bagel thin with low fat cream cheese and strawberries
- Omelet made with egg substitute, ½ cup broccoli, spinach or red/green peppers, low fat cheese and whole grain English muffin
- Whole grain, low sugar cereal. Shoot for 3 or more grams of fiber and less than 6 grams sugar per serving. Add a fresh fruit. Remember- the less "wet" your cereal, the better it stays above the band.

- **Homemade pancakes.** Substitute ½ the flour with whole grain flour. Could also add oats, oat bran or flaxseed. Try pumpkin pancakes or pancakes with fruit (raspberries, blueberries, strawberries or shredded apples.) Use lite syrup or add unsweetened applesauce on top instead. **Tip:** Make pancakes on weekends. Freeze individually and pop in toaster for a quick breakfast. Add fruit and yogurt for a balanced meal.
- **Scrambled Tofu.** Sauté onions, peppers and any other vegetables. Add light soy sauce or Tamari, garlic powder and black pepper. Serve with whole grain toast.
- **Tortilla wrap with turkey, low fat cheese and a fresh fruit**
- **Grilled cheese made with whole wheat bread, low fat cheese and spray oil for the pan instead of using butter**
- **Trail mix consisting of a healthy dry cereal like Cheerios or Chex, dried fruit and nuts. Be careful to eat this slowly and chew well.**
- **Hummus on a whole grain flatbread or toasted whole grain pita with strawberries**
- **Oven roasted home fries with scrambled eggs and spinach**
- **Parfait:** alternate yogurt with peaches (or any fruit) and a low sugar cereal such as cheerios or low fat granola and yogurt. Greek yogurts are great- lower sugar, higher protein and very thick so the yogurt stays above the band better.
- **French toast made with whole wheat bread and a side of blueberries. Can also bake the French toast, make in nonstick pan and use egg substitute to cut back on added fats.**
- **Healthy Blobs:** ½ cup peanut butter, ¼ cup non fat milk, 3 cups crushed whole grain cereal and 2 Tbsp honey. Form into balls, wrap separately and refrigerate. From nutritionist Alana Unger.
- **Lox (smoked salmon) on whole grain bagel thin with a side of yogurt**
- **Bake your own healthy muffins. See below:**
 2 Bananas, 1/4 Cup Oil, 1 Cup Plain Fat Free Yogurt, 3 Table Spoons Baking Powder, 2 Cups Flour (could use ½ whole wheat), 1/2 Cup Sugar, 1/2 tsp salt
 25 Minutes in 400 Degree Oven
- **Leftovers from dinner**