

Build a Better Breakfast this Fall!

A healthy breakfast sets the tone for the rest of the day. By starting your day with healthy choices you will feel better and will be more likely to continue fueling your body right for the rest of the day!

Pack your protein

Include low-fat Greek style yogurt for a good source of protein.

Replace half of your eggs with egg whites to lower the cholesterol content.

Prepare hard-boiled eggs in advance for a quick protein-packed breakfast on the go.

Include healthy carbohydrates

Whole-grain pancakes or waffles are a delicious indulgence.

Choose oatmeal for a good source of fiber.

Sneak in those fruits and vegetables

Replace syrup with fresh fruit for your pancakes or waffles.

Add vegetables to make versatile omelets.

Blend fruits and vegetables to make a refreshing smoothie.

Make a breakfast hash using sweet potatoes and other vegetables.

Don't forget about the healthy fats

Add nuts to your oatmeal.

Smash avocado on your whole wheat toast.

Use olive oil to cook your eggs.