

# THE BREAKFAST EDGE



## BREAKFAST IDEAS

### SHORT ON TIME

- ▶ Prep overnight oats the night before and top with dried fruit or nuts
- ▶ Bowl of whole grain cereal with milk
- ▶ Graham crackers with peanut/nut butter and a banana
- ▶ Yogurt, sliced almonds and raspberries
- ▶ Trail mix with nuts, dried fruit and a glass of milk
- ▶ Whole wheat bagel with peanut butter, jelly, honey, apple butter or low fat cream cheese
- ▶ Cheese stick with a whole wheat toast and fruit

### BOOST YOUR PROTEIN

- ▶ Greek yogurt mixed with whole grain cereal
- ▶ Waffle with peanut butter or yogurt and fruit
- ▶ Whole wheat wrap with egg, cheese, black beans and tomato
- ▶ Whole wheat toast, avocado and eggs  
Hard-boiled egg, fruit and mini whole grain bagel
- ▶ Breakfast pizza on pita or English muffin with cheese, veggies and chicken

### BREAKFAST IN A MUG

- ▶ Smoothie made with milk, fruit, juice or yogurt
- ▶ Breakfast shake made with chocolate milk, peanut butter and a banana

## START YOUR DAY WITH BREAKFAST

Breakfast helps you perform your best in the classroom and on the field. Without breakfast, you may experience fatigue, nausea, restlessness or irritability. You may have difficulty concentrating on and off the field or court, and in school.



## NO EXCUSES FOR NO BREAKFAST

- ▶ Wake up earlier.
- ▶ Eat while getting ready for school.
- ▶ Keep emergency food in your bag. Once you eat it, replace it!
- ▶ Eat breakfast at school. Many schools serve breakfast or have breakfast food options to purchase in the morning.