You Are What You Eat

Breakfast Edition



How to Eat a Healthy Breakfast

Make Sure Your Morning Cereal is Healthy!

Look for healthy cereal like Cheerios and Fiber One. Generic Cereals are typically better for you than the big brands.



Delicious and Nutritional Breakfast Combos!

-Avocado Toast + Egg
- Oatmeal + Milk + Raisins + Walnuts
- English Muffin + Cheese + Avocado + Tomato
- Toast + Ricotta + Peach Slices
- Plain Yogurt + Sliced Fruit

Healthier Fast Food Breakfast Choices!

Fast Food is certainly not always healthy, but in a rush... Here are a few good options
- McDonald's Egg McMuffin
- Taco Bell's Breakfast Taco
- Chik Fil A's Greek Yogurt Parfait





What to Avoid for Breakfast

Avoid Sugary Cereals

Make sure you check the sugar content in your cereal. Typically the cereal with the most colorful packaging and the catchiest phrases contain the most sugar.

Pancakes and Waffles are Bad

Because there are a lot of unhealthy things in waffles, pancakes, and muffins, you should make sure to eat them less often even though they might be yummy. If you eat Eggos, look for the whole wheat kind, they are more nutritious for you.



Donuts are yummy, but not good for your tummy!

They taste great but are quite unhealthy and have lots of sugar and empty calories. They come in large quantities too so if you do eat them, limit yourself.



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