



## Don't Give Breakfast the Brush-Off

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### FOX NEWS

How could breakfast think you actually have time for it? The nerve! You've heard some chatter about it being the most important meal of the day, but you have places to go and people to see. You'll have eggs for dinner one night to make up for the neglect.

Well, it's time to *make time* for a healthy morning meal. Smart food choices in the A.M. can help you stay slim, and even lose weight! Registered Dietician Sari Greaves gave us some tasty go-to options to get you back on the breakfast bandwagon. Check out her tips below.

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The type of breakfast you eat is key. Swap sugar-coated breakfast treats (calorie-laden jumbo muffins, scones and pastries made with refined flour offer little nutritional value) in favor of wholesome ingredients. The right balance of fiber, lean protein, and healthy (unsaturated) fats—what I like to call the "mix factor"—will keep you energized and satisfied, resulting in decreased cravings throughout the day. These 5 quick and easy breakfast options will fuel your body in the morning, and are 300 calories or less:

1. Cereal with "the works": one cup of cold cereal (one with 120 calories or less and at least 5 grams of fiber per serving) or plain oatmeal. Top with ½ cup berries, ½ cup of skim milk, and 1 tablespoon chopped nuts.
2. One cup of low fat or nonfat yogurt with fresh fruit slices, sprinkled with one tablespoon of chopped nuts or seeds.
3. One whole grain English muffin topped with one tablespoon of natural peanut or almond butter and fresh apple slices.
4. 2 scrambled egg whites topped with 1 slice of low fat cheese with a slice of whole grain toast or small fruit. (Prepare eggs in a fat-free cooking spray.)
5. A whole grain breakfast bar (one with at least 3 grams of fiber and 150 calories or less) with a cup of skim milk.

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Okay, you're all set. Now it's time to worry about what's for dinner! How about keeping it simple and ordering in pizza? [Check out Sari's 6 tricks to slice the calories.](#)

If you have nutrition tips that work for you (viewer "feed"back as we like to call it), [email us](#). We'll post your advice in our new "Today's Quick Tip" feature.

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