

# FitFUTURE

Strategies for  
Better Living.



## 25 Quick Breakfast Ideas

by Jennifer Kerr, MS, RD, CDN

Breakfast gives you a chance to start each day with a healthy, nutritious meal and lays the foundation for lifelong health benefits. Breakfast is particularly important for children and adolescents. According to the American Academy of Nutrition and Dietetics, children who eat a healthy breakfast are more likely to:

- Meet daily nutrient requirements
- Concentrate better
- Have better problem-solving skills
- Have better hand-eye coordination
- Be more alert
- Be more creative
- Miss fewer days of school
- Be more physically active



**Here are 25 options for quick and healthy breakfasts that are sure to please children and adults:**

- 1 Single-serving bowls of whole-grain cereal
- 2 Pair string cheese with whole-wheat crackers
- 3 Granola bar and a piece of fruit
- 4 Hard-boil eggs to have on hand for busy mornings
- 5 Small containers of low-fat yogurt
- 6 Whole-grain English muffins can serve as a base for a breakfast sandwich
- 7 Grilled cheese and green apple sandwich
- 8 Let frozen pineapples defrost and add to cottage cheese
- 9 Quick bread (banana, pumpkin, zucchini) and yogurt
- 10 Single-serving cartons of low-fat, low-sodium cottage cheese with walnuts
- 11 Bagel with almond butter
- 12 Turkey, lettuce and tomato wrap
- 13 Top whole-wheat toaster waffles with a tablespoon of peanut butter and fruit preserves
- 14 Banana and low-fat chocolate milk
- 15 Cheese and baby spinach quesadilla
- 16 Stir one or two tablespoons of fruit preserves into plain instant oatmeal to add a touch of sweetness
- 17 Add one or two tablespoons of nuts to your yogurt or oatmeal
- 18 Stir berries into oatmeal or yogurt
- 19 Fruit smoothies
- 20 Apple and peanut butter
- 21 Have leftovers for breakfast (why not?)
- 22 Quiche
- 23 Open-faced grilled cheese English muffin with a slice of tomato
- 24 High fiber muffin
- 25 Yogurt parfaits