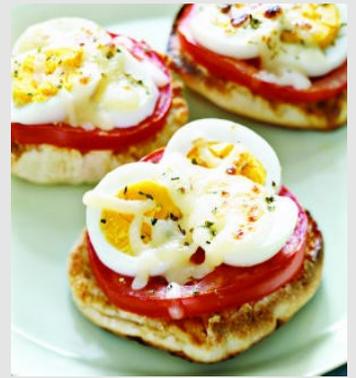


September is Better Breakfast Month



What exactly counts as a healthy breakfast? Here's what forms the core of a healthy breakfast:

- Whole grains. Examples include whole-grain rolls, bagels, hot or cold whole-grain cereals, low-fat bran muffins, crackers, and Melba toast.
- Lean protein. Examples include peanut butter, lean meat, poultry or fish, and hard-boiled eggs.
- Low-fat dairy. Examples include milk, plain or lower sugar yogurts, and low-fat cheeses, such as cottage and natural cheeses.
- Fruits and vegetables. Examples include fresh or frozen fruits and vegetables, 100 percent juice drinks without added sugar, and fruit and vegetable smoothies. Choose low-sodium versions of beverages, though.

Together, these food groups provide complex carbohydrates, fiber, protein and a small amount of fat — a combination that packs health benefits and helps you feel full for hours.

Quick and flexible breakfast options

You have plenty of ways to get in a healthy breakfast each day, and it doesn't always have to be a traditional breakfast menu.

Here are some examples of healthy breakfast options:

- Cooked oatmeal topped with almonds or dried cranberries
 - A whole-wheat pita stuffed with hard-boiled eggs
 - Leftover vegetable pizza
- A tortilla filled with vegetables, salsa and low-fat shredded cheese
 - A smoothie of fruits, plain yogurt and a spoonful of wheat germ
- Whole-wheat crackers with low-fat cheese or peanut butter
- A whole-wheat sandwich with lean meat and low-fat cheese, lettuce, tomato, cucumber and sweet peppers
- Multigrain pancakes with fruit and yogurt
 - A whole-grain waffle with peanut butter

Toast English-muffin halves and place on a cookie sheet. Drizzle each with olive oil, then layer on tomato slices, hard-cooked egg slices (1/2 an egg each), and a little grated mozzarella. Sprinkle with oregano and kosher salt. Broil 5 minutes or until the cheese melts.

Fitting in a healthy breakfast

Try these tips for fitting in breakfast on a tight schedule:

- Cook ahead. Make breakfast the night before. Just reheat as necessary in the morning.
- Set the stage. Figure out what you'll eat for breakfast the night before. Then, set out dry ingredients and any bowls, equipment or pans. They'll be ready for use in the morning.