

BREAKFAST PROTEIN PLANNER

A nutritious breakfast is important for everyone no matter their age, but is especially critical for children and teenagers. The first two decades of life are ones of remarkable growth and change, and proper nutrition is essential to fuel this transformation from babe-in-arms to adult. A good breakfast each morning not only contributes to growing children's physical health; it also makes them more emotionally stable and mentally alert.

The ideal breakfast should have lots of fiber and whole grains, some protein and good fat, and as little added sugar as possible. In other words, a good balance of healthy carbohydrates, protein and good fats. With the exception of egg dishes, American breakfasts are usually low in protein. Adding protein to your breakfast (and other meals) is another way to lower your meal's glycemic index and prevent spikes in blood sugar.

Try to include one of these protein sources in every breakfast:

- Eggs, cooked any way you like them (hard-boiled eggs are easy to have around for a quick protein boost)
- Unsweetened yogurt or cottage cheese with berries
- Refried beans spread on whole grain toast or tortillas
- Nut butters
- Burritos with eggs or beans and cheese on whole grain tortillas
- All types of natural meat, such as breakfast steaks, lean pork chops or turkey bacon
- Bean soup
- Hummus on whole grain or corn tortillas
- Add nuts to oatmeal, yogurt and hot or cold cereal
- Scrambled tofu
- Unsweetened Kefir
- Cheese sticks with fruit
- Cream cheese on whole grain crackers