

LET'S GET STARTED

A balanced breakfast provides a surefire way to jump start your day! Though breakfast often gets neglected, it is just as vital as our other meals. Think of breakfast as an opportunity to pack in nutrients that can boost your energy and increase your alertness and brain power! Be sure to include as many fruits and vegetables as possible; help yourself to whole fruit or stir it into oatmeal or yogurt, blend plenty of veggies into scrambled eggs and omelets, or make smoothies out of both fruits and veggies.

In this section you will learn about the benefits of whole grains and how to prepare them. Whole grains are loaded with fiber to keep you full and energized, making them a perfect component of a healthy breakfast (the more 'intact' the natural grain, the better)! We will also cover the basics of "decoding" the food label and its ingredient list. By the end of the section, you'll be well prepared to plan out your own healthy breakfasts to set your day off on the right track!

Whole Grains Energize Your Day!

Grains are an essential part of a healthy diet. They are good sources of vitamins and minerals and are naturally low in fat. Grains are good sources of complex carbohydrates which provide your body long-lasting energy. Choose whole grains to keep you healthy.

EAT MORE WHOLE GRAINS

which are naturally nutrient-rich. Whole grains contain bran and germ for a healthy heart and digestive system.



Brown rice



Whole grain bread



Popcorn



Whole wheat crackers



Oatmeal



Whole wheat pasta

EAT LESS REFINED GRAINS

like white flour and white bread, which have had their bran and fiber stripped away from the original grain when they are milled. Some examples of refined grains are:

- Pretzels
- Enriched pasta
- Cornflakes
- White bread
- White rice
- Saltine crackers

WHY EAT WHOLE GRAINS?

Whole grains are better sources of fiber and nutrients like magnesium, potassium, and selenium than refined grains.

EATING WHOLE GRAINS CAN:

- Keep your heart healthy
- Reduce your risk for certain cancers
- Help maintain blood sugar levels
- Help maintain a regular digestive system