



Breakfast 1-2-3 Plan

A Heart-Healthy Start to Your Day

Enjoying a nutritious breakfast not only gets your day off to a good start, but as studies show, can reduce the risk of coronary disease. A good breakfast includes whole grains, and fruit, along with eggs, milk, or yogurt or some other source of protein. Use this 1-2-3 plan to build your own healthy breakfast. Choose one item from each category (1-2-3) every day).

1

For your whole grains, you could pick one bread and one spread:

Bread (1-2 ounces)

Whole grain toast
Whole grain bagel
Whole grain pita
Whole grain English muffin

Spread (1-2 tablespoons)

Peanut (or any nut) butter
Hummus
Soft cheese
Guacamole

Or, eat cereal. Enjoy your whole grains in the form of oatmeal or your favorite cold whole grain cereal, about ½ to 1 cup, with about the same amount of milk, yogurt, or soy or nut milk.

2

Pick your favorite fruit—a small to medium whole fruit, or about ½ to 1 cup cut up fruit. Actual fruit will satisfy you better than fruit juice. Pick your favorites, according to the season!

Apples
Bananas
Berries
Cherries
Figs
Grapes
Mango

Melon
Oranges
Peaches
Pears
Pineapple



3

Add an egg, yogurt, or a handful of nuts to help your breakfast stick with you until lunch time. Some quick ideas:

Walnuts, almonds or other nuts – as many as can fit in your cupped hand

Yogurt – buy plain Greek or regular, and add your own fruit or flavorings

Hard-cooked eggs – make several ahead, to last the week
Lowfat milk, or soy or nut milk – on its own, or with your cereal
Soft-cooked or scrambled egg – surprisingly quick

— Coffee, tea, or water top off the meal.—



Breakfast Ideas

Non-traditional

Remember, breakfast doesn't have to be limited to traditional breakfast foods. If you want to warm up some soup, or enjoy a big plate of roasted vegetables for breakfast, be our guest!

Grain Leftovers

Here's one idea: If you have extra grains (bulgur, farro, brown rice or any other whole grain) left over from dinner, warm them up with a little milk, cinnamon, honey, and fruit. You'll find it makes an unexpectedly delicious and satisfying breakfast.

