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.