



JUMP START YOUR DAY!

BREAKFAST

To get the most out of your first meal of the day try to get a balance of protein, fat and carbohydrates. It will help keep you feeling energized and feeling full—the perfect combo to start your day.

Yogurt & Fruit NOT Syrup

Instead of having your pancakes or waffles swim in syrup (AKA liquid sugar) try a dollop of Greek yogurt with sliced fresh fruit. Yogurt provides protein and fat while the fruit provides healthy carbohydrates and loads of other nutrients. (1/4 C maple syrup= 210 calories & 47 g sugar; ¼ C Greek yogurt and ½ C berries= 115 calories & 7 g sugar).

Almond Butter NOT Butter

Even though the calorie count is higher with the almond butter (peanut butter is also fine), you're toast will be healthier than if you used only butter. Nuts are full of healthy fats, fiber and protein and will keep you feeling full through the morning. While butter is also a fat it's not the healthiest kind and it doesn't offer the protein or other nutrients. (2 Tablespoon Almond butter= 200 calories, 4 g protein; 2 Tablespoon butter= 200 calories, 0.2 g protein)