

Breakfast

It can be hard to use the diabetes plate at breakfast. Most of us don't eat many veggies in the morning. But, there are still many healthy foods you can choose. The foods below are some good choices for breakfast.

Healthy Breakfast Foods

- Fruit (canned, fresh, frozen or dried with no added sugar)
- Oatmeal
- Unsweetened whole grain cereal or bran cereal
- 100% whole wheat bread or English muffin
- Corn tortillas
- Eggs
- Low-fat or skim milk
- Low-fat or nonfat yogurt
- Soymilk or almond milk
- Cottage cheese
- Nonstarchy vegetables: tomatoes, peppers, onions, etc.
- Healthy fats: nuts, peanut butter, trans-free margarine, avocado

What do you eat for breakfast?

Are there foods you can swap out to make it more healthy?

(Consider the foods at left.)

Quick Breakfast Ideas

Quick Egg Wrap

Whisk together and cook in the microwave 30 second to 1 minute:

- 1 egg
- 1 tablespoon milk
- Ground pepper, to taste

Then, wrap in a corn tortilla with:

- Diced tomatoes, diced onions, salsa, or other nonstarchy vegetables

Cottage Cheese with Peaches

Mix together:

- ½ cup cottage cheese
- ½ cup canned peaches (drain and rinse)

Add a side of:

- ¼ cup unsalted nuts OR 2 tablespoons sunflower seeds

Toast with an Egg

Toast:

- 1 slice whole wheat bread

Top with:

- 1 tablespoon trans-free margarine OR 2 tablespoons mashed avocado

On the side, add:

- 1 hard-boiled egg

Oatmeal

Mix together and cook in the microwave 1-2 minutes:

- ½ cup quick oats
- 1 cup water
- Cinnamon, to taste

Then, stir in:

- 2 tablespoons raisins
- 1 tablespoon peanut butter

Fruit and Peanut Butter

Enjoy:

- 1 small banana OR apple

Topped with:

- 2 tablespoons peanut butter

Yogurt with Fruit and Cereal

Mix together:

- 2/3 cup nonfat plain yogurt
- 1/2 cup canned mandarin oranges (drain and rinse)
- 1/4 cup whole grain cereal or bran flakes

*Add a cup of unsweetened tea or coffee with any of these meals.