Breakfast is one of our most important meals of the day. It provides us with the energy and nutrients we need everyday. Breakfast may help us to function better, help our memory, concentration, strength, and endurance.

Any breakfast is better than no breakfast, so eat something!

Breakfast Tips:
- Eat breakfast foods with protein, starch, fruits, veggies, and milk
- Add color, variety, different temperatures, textures
- Eat foods with fiber: whole grain foods, fruits, veggies, beans and lentils
- Prepare breakfast that is quick and easy

Breakfast Ideas:
- Dry cereal with low-fat milk, and fruit such as mango or ½ a papaya
- Hot cereal such as oatmeal, with blueberries, mangoes, or strawberries, and nuts such as walnuts or almonds
- Breakfast burrito: whole wheat tortilla, low-fat cheese, eggs, leftover meats, veggies, rice, beans.

More Breakfast Ideas:
- Eggs:
  - Hard boiled egg on the side of cereal
  - Whole wheat bagel or English muffin with leftover scrambled eggs, slice of ham, veggies, and drink 100% juice
  - Omelet: egg, mushrooms, onions, spinach, garlic, tomatoes, cheese, and drink with milk or 100% juice
- Waffles or pancakes
  - Add fruit on top of waffles or make a fruit topping with cooked apples, cinnamon, and 100% juice
  - Add fruit into pancake batter: blueberries, mangoes, bananas, apples, strawberries, or peaches
- Muffins with veggies: carrots, zucchini, corn, mushrooms, spinach, and cheese
- Trail mix
- Fruit and yogurt parfait
- Smoothie

*Please check with your doctor or health care professional before making dietary changes

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