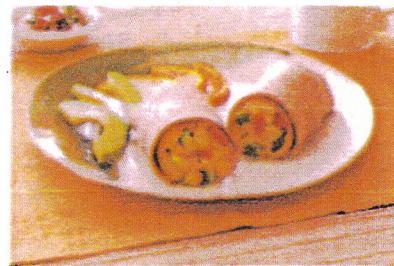




Palo Alto Medical Foundation  
Sutter Health

We Plus You

## Healthy Breakfast Ideas



Eating a healthy breakfast provides your child the fuel he/she needs for physical and mental activities.

- Two slices of 100% whole grain bread with nut butter (peanut / almond / cashew / pecan) topped with banana slices, serve with a glass of fat free or 1% milk.
- Breakfast burrito made from whole wheat tortilla filled with scrambled eggs (or leftover chicken) black beans, salsa and avocado slices, serve with cut up fruit and a glass of fat free or 1% milk.
- A bowl of steel cut oatmeal combined with cinnamon diced apple, peach or fresh berries, handful of walnuts drizzled with small amount of honey or maple syrup.
- Greek yogurt mixed with fresh berries, apple or banana and walnuts, drizzle with a small amount of honey.
- A slice or two of 100% whole grain toast with an omelette or hard boiled egg and cut up fresh fruits.
- A bowl of Kashi Go Lean crunch cereal with low fat milk and a cup of berries.

