



**PennState**  
PRO Wellness



**Children's  
Miracle Network  
Hospitals**

# Healthy Choices

## Daily Breakfast Tips

[pennstatehershey.org/PROwellness](http://pennstatehershey.org/PROwellness)



# Daily Breakfast Tips

## Start with the Basics

- Allow yourself time to eat in the morning.
- Prepare on-the-go meals the night before
- Check out your school's breakfast program.

## Mix it Up

- Incorporate fiber, whole grains and fruits.
- Don't eat the same thing everyday. You may become bored of eating the same foods.

## Try This!

- Sweetener substitute: top oatmeal with honey.
- Make it your way: try fat-free or low-fat yogurt with fruit alone or as a smoothie!
- Something savory: add avocado to your toast (and a dash of pepper).
- Huevos Rancheros (Ranch eggs): in whole wheat wrap, add a boiled and sliced egg, lean ham (or tofu), and salsa.

