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Who Needs a Healthy Breakfast? Everybody does!!!!

Breakfast

- Gives You Energy
- Helps You Stay Alert
- Improves Your Overall Health
- Improves Your Mood
- Improves Ability to Pay Attention

Children who eat breakfast are more creative, do better in class, perform better on tests and have fewer behavior problems.

Adults who eat breakfast tend to do better at work, snack less, and get more nutrients each day than adults who do not eat breakfast.

Let's compare the difference!

Eating out: \$2.35 for English Muffin, egg, cheese sandwich from fast food restaurant.

Eating in: \$0.79 for English Muffin, egg, cheese sandwich prepared at home.

By eating the same breakfast at home, you could save \$1.56 each day. Multiply that for the whole month – that's a savings of \$46.80.



For more information:

www.LLM.unl.edu or www.food.unl.edu

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348 West State Farm Rd
North Platte NE 69101
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Traditional Healthy Breakfast Options

- Bowl of cereal with low-fat or fat-free milk and fruit
- Peanut butter toast
- Pancakes or waffles with fruit
- Oatmeal with fruit and nuts
- French toast
- Hot cereal
- Egg or a veggie omelet

Non-Traditional Breakfast Options

- Sandwiches
- Slice of pizza
- Leftovers
- Fruit smoothies
- Tortilla with cheese and salsa
- Cottage cheese and fruit
- Soup

Breakfast on the Run

- Grab some fruit and go
- Make your own trail mix: cereal, nuts and dried fruit (raisins)
- Glass of milk or breakfast shake
- Hard boiled eggs
- Apples and cheese crackers
- Whole grain muffins
- Low-fat or fat-free yogurt