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## Smart Breakfast Basics

Have you ever heard that breakfast is the most important meal of the day? Some mornings the snooze button might seem like a better idea than getting up to fix yourself or your family's breakfast, but fight that urge!

A good breakfast gives us a good start to our day, but just like any other meal, we can make smart choices or poor choices; nutritionally dense food or just calorie-dense foods.

Here are 4 easy tips to help you build a smart breakfast:

1. **Keep it simple:** Fancy breakfasts are nice to have every once in a while, but if you're racing the clock in the morning, they probably aren't that realistic. A sandwich or leftovers from dinner with a glass of milk or yogurt with fruit and a slice of whole-wheat toast works just fine!
2. **Plan and shop ahead of time:** If you have food already purchased and prepared you are that much closer to becoming a breakfast person! Try keeping sliced fruit or hard-boiled egg in the refrigerator. You can keep "grab and go" food on hand like whole-wheat bagels, fruit, or yogurt.
3. **Almost everything goes:** We put our own limitations on what is considered a "breakfast" food. It doesn't matter whether you choose a traditional breakfast food or foods that you would enjoy for lunch or dinner. The main thing to keep in mind is that you make a healthy choice. Stay away from sugary cereals, soda, doughnuts, and other foods that are filled with fats or added sugar; look for cereals that have 6 grams or less of sugar per serving.
4. **Split your breakfast in half:** Not hungry when you get up? Before you leave the house, eat something little such as a slice of whole-wheat toast with a glass of low-fat milk. Pack a piece of fruit or a breakfast bar for later. By splitting your breakfast in half, you will not overdo it when you do become hungry later in the morning.

For more information, please visit [www.k-state.edu/efnep/](http://www.k-state.edu/efnep/), or contact, Katherine Pinto, EFNEP and SNAP-Ed Agent, [kd Pinto@ksu.edu](mailto:kd Pinto@ksu.edu) or 620-232-1930.

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