

Make a Nutritious Breakfast

Be wise when purchasing and preparing breakfast foods. Try these tips to reduce fat and boost nutrients!

- Serve low-fat milk, cheese and yogurt.
- Replace whole milk in recipes with low-fat, skim or reconstituted nonfat dry milk.
- Substitute low-fat sour cream, cream cheese or yogurt for regular versions.
- Serve jam, jelly or honey instead of butter or margarine.
- Use applesauce to replace oil or margarine in baked goods.
- Use nonstick pans and cooking sprays.
- Serve whole-grain breads and cereals.
- Try cinnamon raisin pretzels.
- Serve fresh fruits and vegetables.
- Serve 100 percent fruit and vegetable juice.
- Add fruit to muffins.
- Make breakfast pizza topped with fruit.
- Mix herbs, fruits and vegetables into low-fat cream cheese to offer an assortment of spreads for a "bagel bar."
- Offer a variety of whole grain cereals and include a selection that is not sugar-coated.
- Try a breakfast buffet so students have a variety of menu items from which to select.