

5 Healthy Breakfast Tips



01

Include Protein

Protein-rich foods like eggs, Greek yogurt, or cottage cheese help maintain muscle mass and provide sustained energy.

03

Add Fruits and Vegetables

Fresh fruits like berries, bananas, or sliced apples, and vegetables such as spinach or tomatoes provide essential vitamins, minerals, and antioxidants.

04

Stay Hydrated

Start the day with a glass of water or herbal tea, and include hydrating foods like fruits or a small glass of low-sugar fruit juice to help meet daily fluid needs.

02

Incorporate Whole Grains

Choose whole-grain options like oatmeal, whole-grain toast, or bran cereal which provide fiber, support digestive health and help regulate blood sugar levels.

05

Moderate Portions and Sugar

Avoid oversized portions and limit sugary foods like pastries or sugary cereals. Balanced meals with moderate portions prevent blood sugar spikes and maintain energy levels.

Financial Aid Protein Breakfast Tips

Mark Steyvers



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