

watch out for for breakfast!

Your old breakfast had too many carbohydrates for your body to handle properly.

Plan much smaller portions;
Use smaller bowls, plates, and glasses for breakfast;
And drink plenty of water (and coffee or tea as desired) with your meal.

Generally, your breakfast will contain:

1 serving milk (1/2 to 1 cup lower-fat milk, yogurt, cottage cheese; or 1 slice of cheese the size of your palm)	1-2 servings starch (1 piece bread, tortilla, pancake; 1/2 bagel, muffin; 3/4 cup cold cereal; 1/2 cup hot cereal)	1 teaspoon margarine
1 serving fruit (1/2 cup, 1 small piece, or a palmful of fruit; or 1/2 cup fruit juice)	1-2 servings meat or egg (meat servings, the size of your palm; <u>optional</u>)	Coffee, tea, and water

Tips:

- use **cooking spray oil** in the frying pan.
- use **sucralose ("splenda")** sugarless sweetener.
- use **whole-grain and bran** cereals/breads.
- use **anti-cholesterol margarine**.

Sample breakfasts:

3/4 cup cheerios + 1 cup skim milk
1 piece toast + 1 tsp margarine
1/2 large banana
coffee

1/2 cup cream of wheat + 1 tsp margarine
blender smoothie: 3/4 cup plain yogurt + 1/2 cup berries
+ 1/2 banana + 3 ice cubes
tea

breakfast burrito:
1 tortilla + 2 eggs + 1 slice cheese + 1 Tb salsa
1/2 cup sugarless applesauce
coffee

1/2 large muffin + 1 tsp margarine
1 cup milk
1/2 cup blueberries
1 small banana
tea

1/2 cup oatmeal + 1 tsp margarine
+ 2 Tb walnuts + 1/2 small banana
1 cup milk
1/2 cup juice
coffee

2 eggs scrambled with handful shredded cheese
1 piece toast + 1 tsp margarine
1/2 cup juice
tea

1/2 cup granola + 1 cup milk
1 apple sliced + 2 Tb peanut butter
coffee

1/2 bagel + 1 tsp margarine
1 cup cottage cheese
1/2 cup canned fruit
tea

openfaced sandwich:
1 piece toast + 1 egg + 2 strips bacon + 1 slice cheese
1/2 cup juice
coffee

2 pieces toast + 2 Tb peanut butter
1/2 cup sugarless applesauce
1 small banana
coffee

1 frozen biscuit (regular size) + 1 tsp margarine
1/2 cup yogurt + 1/2 large banana, sliced
tea

3/4 cup corn flakes + 1 cup milk
1 hard-boiled egg
1 cup strawberries
tea

1 toaster waffle + 1 tsp margarine
1/2 cup canned fruit
1 cup milk
coffee

omelette scramble:
2 eggs + bacon bits + green pepper and
onion bits + shredded cheese
1/2 english muffin + 1 tsp margarine
1/2 cup juice
tea