

upLIFT Your Breakfast

A nutritious and balanced breakfast is the perfect way to start your day off right!

Why is breakfast so important?

Eating foods from all different food groups helps get all the nutrients needed for optimal function. Key nutrients help bodies move and minds focus for a day full of learning.



We know mornings are hectic! Plan ahead and prepare yogurt with fruit and granola, overnight oats, hard-boiled eggs, or a breakfast sandwich the night before a busy day.

Use local fresh fruits and vegetables as easy, delicious additions!



Fruits and vegetables are quick and easy to add to any breakfast. Peppers, mushrooms, and onions mix well into egg dishes. Blueberries, strawberries, and bananas add natural sweetness to yogurts and oatmeal. Aim for fresh fruits and vegetables instead of juices, as they contain even more nutrients including fiber.



Key Nutrients:

- Potassium
- Vitamin C
- Dietary Fiber

Kick start your energy with whole grains!



Breakfast is the perfect time to include whole grain options. The fiber will help keep your energy levels steady until your next snack or meal. Try oatmeal, whole-grain toast, whole-grain cereal, or make pancakes with whole grain flour.



Key Nutrients:

- Magnesium
- Selenium
- Dietary Fiber

Stay satiated with protein!



Having a source of protein in the morning will help keep you satiated until your next meal. Round out your balanced breakfast with high protein items like hard-boiled eggs, low-fat yogurt, or a cup of low-fat or non-fat milk.



Key Nutrients:

- B Vitamins
- Vitamin D
- Iron
- Zinc