

## ***Dr. Felton's TOP 8 BREAKFAST FOODS***



### ***1. Eggs***

One egg carries around 70 calories and packs 6 grams of protein. Before you toss the yolk, remember that the yellowish center is where most of the nutrients are found. The yolk is a good source of lutein, a vitamin also found in spinach and kale that helps prevent eye disease.

### ***2. Whole grain bread, cereal or oatmeal***

Fiber from whole grain cereal and oats helps lower cholesterol and blood pressure. Breakfast happens to be the easiest time to get in heart-healthy fiber. Always look for at least 5 grams of fiber when choosing breakfast cereals.

### ***3. Peanut Butter***

There are 8 grams of protein in two tablespoons of peanut butter, which is roughly 20% of the daily recommended amount for adult men and women. Protein helps regulate blood sugar levels. Try a nut butter like cashew butter, almond butter or sunflower butter instead of real butter, margarine or cream cheese.

### ***4. Fruit***

Berries, bananas, or melon- there is no such thing as an unhealthy fruit. Try mixing and matching your fruit intake to take advantage of different nutrients. For example: Blueberries are high in antioxidants, while oranges are loaded with vitamin C and potassium. \*Bananas are the most convenient fruit as they are easily transported and consumed without making a mess.

### ***5. Yogurt***

A breakfast parfait would make a great, very convenient breakfast. A 6-ounce serving of yogurt contains as much protein as a serving of meat. Greek yogurt contains even more protein- sometimes double the amount of regular yogurt. If you have diabetes or are watching your calories, plain, non-fat or low-fat yogurt is a healthier choice than fruit-flavored yogurts, which can have lots of added sugar.

### ***6. Smoothies***

A smoothie makes a complete, on-the-go meal. You can add a base of yogurt for protein and fresh or frozen fruit, like strawberries, for sweetness. If you don't like eating vegetables at dinner, this is an easy way to incorporate your greens, such as spinach or kale.

### **7. Fruit Juice**

It is completely acceptable to get your daily intake of fruit in a juice form. Just make sure it is 100% fruit juice.

### **8. Coffee**

Long-term medical studies have shown that caffeinated beverages are acceptable. As long as you are not pushing 4 cups a day, there is nothing wrong with drinking coffee.

### ***Breakfast Foods to Avoid:***

Bacon

Sausage

Hash Browns

Processed cheese

Biscuits

Gravy

Granola Bars

*Most of these breakfast foods contain a lot of saturated fat or are high in sugar content. They are alright to eat every once in a while, but not all the time.*

*People think of granola bars as being healthy, but in all actuality it is cheaper and healthier to have a bowl of cereal with milk and fruit.*