

# MARCH

After a good night's sleep, we need to refuel our bodies to replenish blood glucose (sugar) levels to have enough energy to begin the day. The latest research indicates, eating breakfast, especially a healthy one, is good for both the body and mind!

**For a healthy, well-balanced breakfast, choose one item from each of the columns below. Be sure to monitor portion sizes....see link for portion sizes.**

**1 medium bagel OR ½ of a store bought bagel**

**1 cup of whole grain cereal....or approx. 150 cal.**

**1 whole wheat English muffin**

**Oatmeal (1/2 cup uncooked)**

**2 slices of whole wheat bread**

**8 ounces skim milk**

**¾ cup low fat cottage cheese**

**5 egg whites or ¾ cup egg beaters**

**3 oz. cooked chicken, turkey, or ham**

**1 cup non-fat yogurt**

**4 oz. juice**

**½ grapefruit**

**¼ cup pineapple**

**1 apple**

**½ cup grapes/berries**

**1 small banana**

**1 cup melon**

**1 orange**

**¼ raisins**

**4 halves dried apricots**

- If you have a medical issue such as diabetes or heart disease, please refer to the recommendations of your physician or dietician.