

Nutrition Works Breakfast Challenge

Breakfast is essential to replenish energy levels and supply your body with needed nutrients. It will also give your metabolism a jump-start and help you get your day started right! See the backside for some great breakfast ideas.

Are you ready for the Nutrition Works Breakfast challenge? It's easy to do! The goal is to enjoy breakfast every day which includes at least **3 out of the 4 food groups**. Aim for **high-fibre*** and **low-fat** food choices more often. Although the challenge is for only one week, make an effort to continue on with a healthy breakfast every day!

Complete the challenge for your chance to win a great prize!

Name

Breakfast

Record your breakfast for each day and check off which food groups were included in your breakfast.

Sunday

- | | |
|---|--|
| <input type="checkbox"/> Vegetables and Fruit | <input type="checkbox"/> Grain Products |
| <input type="checkbox"/> Milk & Alternatives | <input type="checkbox"/> Meat & Alternatives |

Monday

- | | |
|---|--|
| <input type="checkbox"/> Vegetables and Fruit | <input type="checkbox"/> Grain Products |
| <input type="checkbox"/> Milk & Alternatives | <input type="checkbox"/> Meat & Alternatives |

Tuesday

- | | |
|---|--|
| <input type="checkbox"/> Vegetables and Fruit | <input type="checkbox"/> Grain Products |
| <input type="checkbox"/> Milk & Alternatives | <input type="checkbox"/> Meat & Alternatives |

Wednesday

- | | |
|---|--|
| <input type="checkbox"/> Vegetables and Fruit | <input type="checkbox"/> Grain Products |
| <input type="checkbox"/> Milk & Alternatives | <input type="checkbox"/> Meat & Alternatives |

Thursday

- | | |
|---|--|
| <input type="checkbox"/> Vegetables and Fruit | <input type="checkbox"/> Grain Products |
| <input type="checkbox"/> Milk & Alternatives | <input type="checkbox"/> Meat & Alternatives |

Friday

- | | |
|---|--|
| <input type="checkbox"/> Vegetables and Fruit | <input type="checkbox"/> Grain Products |
| <input type="checkbox"/> Milk & Alternatives | <input type="checkbox"/> Meat & Alternatives |

Saturday

- | | |
|---|--|
| <input type="checkbox"/> Vegetables and Fruit | <input type="checkbox"/> Grain Products |
| <input type="checkbox"/> Milk & Alternatives | <input type="checkbox"/> Meat & Alternatives |

* Fibre can be found in whole grain breads, cereals, pasta, and rice, vegetables, fruit, legumes (beans, peas, lentils), nuts and seeds.

Tasty and Easy Breakfast Ideas

- Toasted whole wheat bread with peanut butter and banana and a glass of milk or fortified soy beverage
- Low-fat vanilla yogurt mixed with cereal and fruit
- Fruit 'Smoothie': in a blender mix fresh or frozen fruit, yogurt and milk. Enjoy with a low-fat bran or carrot muffin
- Bowl of high-fibre cereal with milk and blueberries. Other cereal toppings: bananas, dried cranberries, strawberries, mango slices, kiwi, dates, raisins, walnuts, almonds or flax seeds
- Multi-grain bagel with cheese and tomato or low-fat cream cheese and cucumber and glass of orange juice
- Cottage cheese with pineapple or cantaloupe and whole wheat crackers
- Cereal bar, banana, and a glass of milk
- Scrambled egg sandwich: place a scramble egg between an English muffin – add veggies like tomato, onion, lettuce, and green and red peppers
- Warm up leftover pizza; enjoy with a glass of grapefruit juice
- Hot oatmeal cereal with chopped nuts (e.g. almonds or walnuts) and dried fruit (e.g. dried apples, apricots, prunes, or raisins)

Tropical Breakfast Couscous

- 1/4 cup (50 mL) chopped dried mango
- 2 tbsp (25 mL) unsweetened shredded coconut (optional)
- 2 cups (500 mL) 1% milk
- 1 cup (250 mL) whole wheat couscous
- 1 cup (250 mL) 2% plain yogurt
- 1 tbsp (15 mL) brown sugar or liquid honey
- 1/2 tsp (2 mL) vanilla extract
- 2 bananas, sliced

Directions:

1. In a saucepan, combine mango, coconut (if using) and milk; bring to almost a boil over medium heat, stirring often. Stir in couscous; remove from heat, cover and let stand for 5 minutes.
2. Meanwhile, in a bowl, whisk together yogurt, brown sugar and vanilla.
3. Using a fork, gently stir bananas into couscous, fluffing couscous. Spoon into bowls and top with yogurt mixture.

Source: [Heart and Stroke Foundation Recipes](http://www.heartandstroke.com/site/c.iKlQLcMWJtE/b.8247433/k.6B4C/Recipes__Tropical_breakfast_couscous.htm) - http://www.heartandstroke.com/site/c.iKlQLcMWJtE/b.8247433/k.6B4C/Recipes__Tropical_breakfast_couscous.htm

For more information on breakfast and healthy eating, call EatRight Ontario at 1-877-510-5102