

Breakfast: Don't Just Skip it.

Busy morning Schedules are often to blame for skipping breakfast. The busier the season becomes the harder it is to sit down to breakfast. Try one of these quick breakfast options that are packed with nutrients:

- Ready-to-eat cereal topped with fruit and yogurt
- Bran muffin topped with yogurt
- Peanut butter on whole-wheat toast and milk
- Cheese pizza and a glass of juice
- Toasted whole wheat waffle topped with fruit and yogurt
- Lean ham and slice of low-fat cheese on toasted English muffing with juice
- Breakfast wrap with cut-up fresh fruit and low-fat cream cheese rolled in a whole-wheat tortilla with flavored milk.

Remember that breakfast can be any food you like, even a slice of pizza. Start the day with good nutrition and you are off to a good start.