



EAT A DELICIOUS, LABEL SAVVY BREAKFAST



You know it's important to eat breakfast, but hectic mornings can be a challenge to making it happen. Breakfast in its simplest form can be a bowl of whole grain cereal, fruit and milk (or unsweetened fortified soy beverage).

There are many ways to spice up your breakfast choices that are quick and delicious. Cover off three food groups with these easy ideas.

FIVE FAB IDEAS ON THE GO

1. Smoothie made with milk or fortified soy beverage, nut butter and fruit
2. Pita stuffed with hummus, shredded carrots and diced peppers
3. Whole grain English muffin, with cheese and tomato slices
4. Hard-boiled egg, fruit and mini whole grain pita
5. Banana, nut butter and whole grain tortilla roll up

When buying breakfast items, use the Nutrition Facts table (NFt) to help you make informed choices.

KNOW THIS

The **Serving Size** is the quantity of food used to calculate the numbers in the NFt. It is **NOT** necessarily the suggested portion of food you should eat.

To make better breakfast choices, start with the Serving Size and check the % Daily Value (% DV) for the nutrients you want to know about. The % DV on the NFt shows how much of a nutrient is in a Serving Size of that food. The % DV tells you if the **Serving Size** has a **little** or a **lot** of a nutrient.

Sliced bread, tortilla, English muffin, bagels, waffles, pancakes: Choose the brands that offer more fibre and less sodium. Also, look for whole grains as the first item on the ingredient list.

Use the Serving Size to understand the information in the NFt. Check the Serving Size and compare it to how much you are planning on eating. If you eat double the Serving Size, then you'll need to double the calories and the amount of nutrients listed. If you eat half the Serving Size, then you'll need to halve the calories and the amount of nutrients listed. For example, if the Serving Size for bread is one slice, and you eat two slices, then double the calories and the nutrients listed in the NFt.

KNOW THIS

5% DV or less is a little and 15% DV or more is a lot of a nutrient.

Ready-to-eat oatmeal and granola bars: Buy brands that have more fibre and less sugar.

Canned fruit: Buy canned fruit that's packed in water or juice.

Baked beans: A great addition to your breakfast routine, choose brands with the least amount of sodium and sugar.

Yogurt: Select lower fat plain yogurt more often.

Frozen burritos and mini quiches: The better grab 'n go meals are ones that are lower in saturated and trans fat and sodium, and higher in fibre and vitamins.

Breakfast drink: Choose the drink that offers more vitamin A, vitamin C, or calcium, and the least amount of sugar.

Beat the time crunch by prepping breakfast items and setting the table ahead of time so mornings run smoother. And use the NFt to help you start your day the healthy way.

Learn more at Canada.ca/NutritionFacts