



Feed the Brain a Protein Breakfast

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Here are some suggestions for breakfast that give the brain optimal ability to remember and perform. If you want more food at breakfast, add more protein, fruit, or veggies.

Protein choices: pick 2 (For alertness & concentration)

Canadian bacon (1 slice)
Cottage cheese (1/2 c)
Eggs (1 or 2)
Ham (1 slice)
Healthy Choice hotdog (1)
Hummus (2 or 3 T)
Milk, low-fat (6–8 oz)
Omelet
Reduced-fat cheese 1 oz
Sliced turkey or chicken (1 slice)
String cheese (1 string)
Turkey bacon (1 slice)
Turkey sausage (1 patty)
Yogurt, low-fat (6–8 oz cup)

Fat choices: pick 1 (for sustained energy)

Low-fat cream cheese (1-2 T)
Low-fat dip (1-2 T)
Nut butters (1-2 T)
Peanut butter (1-2 T)
Sunflower and pumpkin seeds (a small handful)
Walnuts, almonds (a small handful)

Breakfast Smoothie Recipe

Blend 1 c plain yogurt, ½ c fruit (such as kiwi, berries, mandarin oranges, apricots, or ½ banana) with 2- 3 T nuts until smooth.

Good carbohydrate choices (for calmness) (pick 1)

Bran muffin (1 small)
Cooked oatmeal (1/2 to 3/4 c cooked)
Fresh fruit (1)
Fresh vegetables (unlimited)
Mini-pizza with meat and cheese
Non-sugared whole-grain cereal (1/2 c)
such as Raisin Bran, Cheerios,
Wheaties, low-fat granola
100% orange juice, grape juice (½ c)
Tomato juice (1 c)
Whole-wheat bread (1 slice)
Whole-wheat crackers (8)
Whole-wheat English muffin or bagel (1/2)
Whole-wheat waffle (1)

Sample breakfasts:

- ♥ 2 T peanut butter, 1/2 whole-wheat bagel + ½ c juice
- ♥ 1 scrambled egg, 1/2 English muffin + 1 tangerine
- ♥ ½ c cereal + milk + walnuts
- ♥ 1 stick string cheese + sunflower seeds + 1 fruit
- ♥ Burrito with cheese + 1 fruit
- ♥ Whole-grain waffle with turkey sausage + juice

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