

# MyPyramid Makes a Great Breakfast

## Whole grains:

- Shredded wheat
- Oatmeal
- Whole-grain cereals low in sugar
- Whole-grain toast

Whole grain foods are the best base for a healthful breakfast. Oats contain soluble fiber which helps lower cholesterol. They even have an approved health claim allowed on food labels by the FDA. MyPyramid and Dietary Guidelines call for at least 3 one-ounce servings of whole grains each day.

## Vegetables:

- Fresh vegetables in season: broccoli, mushrooms, tomatoes, spinach
- Beans/legumes

Vegetables can be a part of breakfast, too. Put them in egg white omelettes or make a breakfast burrito with low-fat refried beans and tomatoes.

## Fruit:

- Whole fruit: bananas, oranges, berries, melons

- Dried fruit
- Frozen or canned (without added sugar)
- 100% fruit juice

Fruit is an important element of any heart healthy diet. MyPyramid calls for at least 2 cups of fruit each day — get started with breakfast!!

## Dairy:

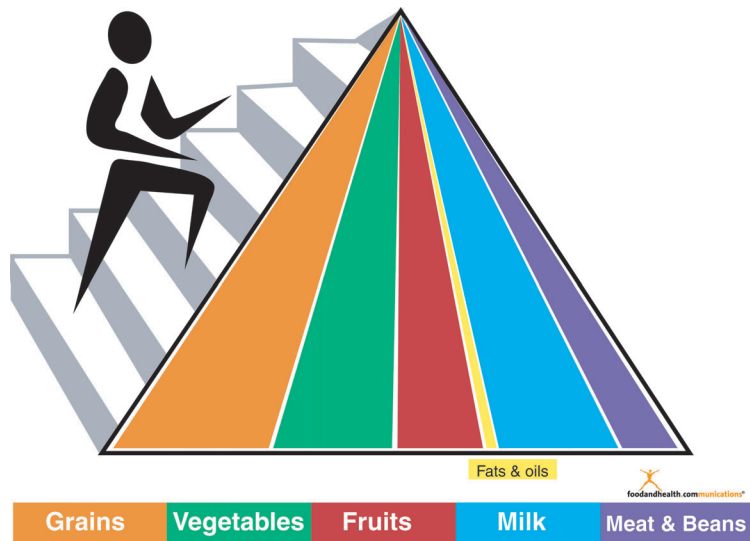
- Lowfat light yogurt
- Skim milk
- Fortified soy milk

Dairy foods were an important element in the DASH diet. MyPyramid calls for 3 cups of milk or milk equivalent foods each day. Make sure you pick ones that are fat-free to avoid artery-clogging saturated fat.

## Heart-Healthy Protein:

- Egg whites
- Nuts and nut butters
- Beans/legumes
- Lean breakfast meats (beware of sodium)

FMI visit [www.mypyramid.com](http://www.mypyramid.com).



*Excerpted from the 12 Lessons of Weight Loss and Wellness.*