

Health Bites: Protein at Breakfast

Video: [Let's Make Breakfast Burritos](#)

Power up your morning with protein.

Breakfast burritos are a tasty way to start your day with protein foods like eggs and cheese. Your body uses protein for almost everything it does. It helps:

- build and repair your muscles, skin, bones, blood, and organs
- keep your immune system strong

Adding protein to breakfast gives you energy and helps you feel full longer.

Other easy ways to get protein in the morning:

- Pour milk or fortified soy beverage over your cereal.
- Top your toast with nut butter, beans, or lower fat cheese.
- Choose lower fat yogurts like plain, Greek, or Icelandic yogurt, and add a piece of fruit.
- Blend up a smoothie with tofu, fortified soy beverage, and fresh or frozen fruit.

For more ideas, visit ahs.ca/NutritionHandouts and search:

- “breakfast” for quick morning inspiration
- “protein foods” for ways to add more protein throughout your day

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