Make a Change: One Meal at a Time

Boost your Breakfast with Fibre

- Have fruit at breakfast.

- Add vegetables to egg dishes.

- Use whole grain cereals, bread and tortillas.

- Replace some of the white flour in pancakes, waffles, and muffins with whole grain flour.

- Add bran or high fibre cereal to your favourite cereal.

For more tips to increase fibre visit [Choose Whole Grains](#) and [Eat More Vegetables and Fruit](#).

Try this [Banana Pancakes](#) recipe using whole wheat flour.

Alberta Health Services

Healthy Eating Starts Here

Tips for Healthy Eating

Make a Change: One Meal at a Time

Boost breakfast with a protein choice:

- Eggs

- Peanut or other nut butters, nuts and seeds

- Yogurt

- Cheese

- Milk or fortified soy beverage

- Smoothie with silken tofu or chickpeas

- Lean meat, poultry or fish

Easy Mini Quiche Muffins are a tasty way to add protein at breakfast.

For more tips on a healthy breakfast see:
Wake up to Breakfast on HealthyEatingStartsHere.ca.

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