

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.

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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.

