

Diabetes: Breakfast Ideas

Balance Your Breakfast

A balanced breakfast can help with:

- ✓ More energy throughout the day
- ✓ Less cravings or mindless snacking later in the day
- ✓ Better portion control in your other meals
- ✓ Improved blood sugar readings.

Pick a Carb, Any Carb

Include about 60g of carbs in your breakfast. Choose whole grain foods or higher fiber carbs to help prevent spikes in blood sugar.



Wrap it up. Get creative with your breakfast. Having a variety of foods can help keep breakfast interesting! Shown here: Breakfast Tacos.

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<u>Carb</u>	<u>Carbs per serving x quantity</u>	=	<u>Total Carbs</u>
<input type="checkbox"/> Bread or Toast Slice	20 x _____	=	_____
<input type="checkbox"/> English Muffin	25 x _____	=	_____
<input type="checkbox"/> Flour Tortilla, Medium	24 x _____	=	_____
<input type="checkbox"/> Frozen Waffle	14 x _____	=	_____
<input type="checkbox"/> 6" Pancake	30 x _____	=	_____
<input type="checkbox"/> 1 medium bagel	43 x _____	=	_____
<input type="checkbox"/> 1 cup cooked oatmeal	27 x _____	=	_____
<input type="checkbox"/> 1 cup toasted oats cereal	20 x _____	=	_____

<input type="checkbox"/> 15 thin wheat crackers	20 x _____	=	_____
<input type="checkbox"/> Greek Yogurt with fruit	20 x _____	=	_____
<input type="checkbox"/> 1 cup milk	12 x _____	=	_____
<input type="checkbox"/> Small piece of fruit (Examples: small apple, orange)	15 x _____	=	_____
<input type="checkbox"/> Large piece of fruit (Example: 6" banana, large apple)	30 x _____	=	_____
<input type="checkbox"/> 1 cup berries	20 x _____	=	_____
<input type="checkbox"/> ½ cup beans (Example: Black beans, pinto beans, etc.)	20 x _____	=	_____
<input type="checkbox"/> 1 medium potato (10 oz)	60 x _____	=	_____
	TOTAL CARBS	=	_____



Top your toast. Try avocado and tomato; apple and peanut butter; salmon and light cream cheese; or other creative combinations. Adding healthy fats, protein and/or vegetables to your breakfast can help you feel full longer. Choosing whole grain bread adds fiber, which can also help your blood sugar.

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Think Beyond the Link

Including protein can help keep hunger away until lunchtime. Foods high in protein include:

- Peanut butter
- Greek yogurt
- Tofu, Soy
- Eggs or egg whites
- Salmon, sardines, other fish
- Turkey or chicken
- Lean ham, pork or beef
- Reduced-fat cheese or cottage cheese

Get Colorful

Add vegetables to your breakfast for more fiber, vitamins and minerals. Whether you like them raw, grilled, roasted or sautéed, the more the better. Some ideas:

- Stuff peppers and onions into a breakfast burrito or omelet
- Sauté broccoli, tomatoes and mushrooms with potatoes for a vegetable hash
- Roast asparagus and serve with toast and eggs
- Blend spinach or kale into a smoothie with Greek yogurt, nuts or seeds, and 1 cup of blueberries (add a little water as needed)

Grab and Go

If you're running out the door in the morning with no time to cook, keep your kitchen stocked with easy-to-grab and ready-to-eat foods. Make sure to combine a variety of food groups for a more filling meal. Examples:

- 1 Orange, handful of almonds, 6 oz. Greek yogurt (don't forget the spoon!)
- Peanut butter sandwich, small apple, 8 oz milk
- 1 oz fruit and nut trail mix, 1 oz string cheese, 20 thin wheat crackers
- Low sugar protein bar, 1 medium banana



Pack it up. Combine different food groups like fruit, nuts, whole grain crackers and cheese for a more filling breakfast on the go.

Overnight Oatmeal



Nutrition Info (per 1 serving)

Calories	240
Total Fat	g
Saturated..... Fat	0g
Protein.....	11g
Carbohydrates	40g
Fiber	5g
Cholesterol	0mg
Sodium	40 mg

Recipe Source: MHealthy Recipes,
<http://hr.umich.edu/mhealthy/programs/recipe>

Ingredients

- 2 cups rolled oats, not instant or quick cooking
- 2 cups non-fat milk or unsweetened soymilk or almond milk
- 1 teaspoon lemon zest
- 1/2 teaspoon vanilla extract
- 1/4 cup chopped pecans, walnuts, pistachios or almonds
- 2 peaches or apricots, pitted and sliced, blueberries or raspberries or use light canned fruit
- 2 tablespoons honey

Instructions

1. Combine oats, milk, zest, and vanilla in a bowl. Cover and refrigerate overnight
2. In the morning, scoop into bowls and top with nuts, and fruit. Drizzle with honey.

Do it all over again

Make over leftovers into something new.

- Last night's salmon and potatoes could be this morning's salmon patties
- Roast, potatoes and vegetables could be shredded and diced for a hash
- Or just reheat and enjoy!

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University of Michigan Diabetes Education Program (734) 998-2475
<http://www.uofmhealth.org/conditions-treatments/adult-diabetes-education>

Last Revised 11/13/2015