

# 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 _____	=	_____
	<b>TOTAL CARBS</b>	=	_____



**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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Last Revised 11/13/2015