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.

<table>
<thead>
<tr>
<th>Carb</th>
<th>Carbs per serving x quantity</th>
<th>=</th>
<th>Total Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread or Toast Slice</td>
<td>20 x __________</td>
<td>=</td>
<td>__________</td>
</tr>
<tr>
<td>English Muffin</td>
<td>25 x __________</td>
<td>=</td>
<td>__________</td>
</tr>
<tr>
<td>Flour Tortilla, Medium</td>
<td>24 x __________</td>
<td>=</td>
<td>__________</td>
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<tr>
<td>Frozen Waffle</td>
<td>14 x __________</td>
<td>=</td>
<td>__________</td>
</tr>
<tr>
<td>6” Pancake</td>
<td>30 x __________</td>
<td>=</td>
<td>__________</td>
</tr>
<tr>
<td>1 medium bagel</td>
<td>43 x __________</td>
<td>=</td>
<td>__________</td>
</tr>
<tr>
<td>1 cup cooked oatmeal</td>
<td>27 x __________</td>
<td>=</td>
<td>__________</td>
</tr>
<tr>
<td>1 cup toasted oats cereal</td>
<td>20 x __________</td>
<td>=</td>
<td>__________</td>
</tr>
</tbody>
</table>

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

Photo credit: C.C. Chapman, Breakfast Tacos. This work is licensed under a Creative Commons, Attribution-Noncommercial, https://creativecommons.org/licenses/by-nc-nd/2.0/legalcode.
15 thin wheat crackers 20 x ________ = ________
Greek Yogurt with fruit 20 x ________ = ________
1 cup milk 12 x ________ = ________
Small piece of fruit 15 x ________ = ________
(Examples: small apple, orange)
Large piece of fruit 30 x ________ = ________
(Example: 6” banana, large apple)
1 cup berries 20 x ________ = ________
½ cup beans 20 x ________ = ________
(Example: Black beans, pinto beans, etc.)
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.

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

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.

Nutrition Info (per 1 serving)
Calories ........................................... 240
Total Fat ........................................... 0g
Saturated........................................... 0g
Protein ................................................ 11g
Carbohydrates ................................. 40g
Fiber .................................................. 5g
Cholesterol ........................................ 0mg
Sodium ................................................. 40 mg

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

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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