

Low Fat and Low Sodium Breakfast Ideas

Mix and match the following breakfast ideas for variety and taste. The total fat grams are listed in parentheses.

Egg substitute scrambled or made into an omelet using fresh vegetables (tomatoes, mushrooms, onions, green pepper) (1 gm).

Toast or English muffin with fruit spread (2 gm).

Cold or hot cereal with skim milk (1-2gm). For variety add fresh or dried fruit. Select cereal with less than 360mg sodium per serving.

Bagel with fat-free cream cheese and/or fruit spread (2 gm).

Nonfat fruited yogurt - for variety add dry cereal (less than 1 gm, cereal 1-2 gm).

French toast (dip bread in egg substitute and cook in non-stick skillet) served with sliced fresh or canned fruit on top (2 gms).

Nonfat cottage cheese* and fruit (less than 1 gm).

English muffin sandwich - English muffin with Egg Beater, Canadian bacon* and fat-free cheese* (4 gm).

Breakfast tortilla - scrambled egg substitute with chopped onion, green pepper and salsa wrapped in a flour tortilla (4 gm). For variety add canned beans*.

Fat-free or low fat muffin (less than 3 gm).

Canned or fresh fruit (less than 1 gm).

Breakfast at a Restaurant Healthy Choices

- Oatmeal or cold cereal with skim milk
- Toast, English muffin, or bagel
- Fresh fruit or juice
- Scrambled eggs made with egg substitute
- Vegetable omelet made with egg substitute
- French toast made with egg substitute or pancakes*, skip the margarine or butter
- Canadian Bacon*

Breakfast Beverages:

Nonfat fruited yogurt blended with skim milk and fresh fruit (less than 1gm).

Carnation Instant Breakfast made with skim milk (less than 1gm).

(*) These foods are higher in sodium and may need to be limited.

For more information or to speak with a Registered Licensed Dietitian, call OSF Saint Francis Nutrition Access Line at (309) 655-3705.

