



Amy Goodson, MS, RD, LD - Sports Dietitian
amygoodson@texashealth.org
817-250-7512

500 Calories in 5 Minutes

Getting a power-packed breakfast to start your day!

Breakfast Check List

- ✓ Make sure your breakfast consists of complex carbohydrates (ex: whole grain cereal, wheat bread, fruit, low-fat milk), protein (ex: eggs/egg whites, lean meat, nuts), and some healthy fat (peanut butter, nuts, light cream cheese)
- ✓ Look for whole wheat bread and grain products instead of white/refined products
- ✓ Choose low-fat (skim, 1% or 2%) milk and dairy products
- ✓ Limit your intake of fried foods, grease, and extra gravies & sauces
- ✓ Aim to get fruit into your breakfast either as a juice or as a whole fruit

500 Calorie Breakfasts At Home...A Must for EVERY Athlete

- 1 whole wheat bagel, 2 Tablespoons peanut butter, 1- 8oz cup skim milk
- 1 wheat English muffin toasted w/2-3 slices ham, 1 slice 2% cheese, 1 banana, 1-8oz cup 2% milk or 12oz skim milk
- 1 cup cereal w/ $\frac{1}{2}$ cup 2% milk, 1 yogurt, Grande non-fat latte
- 1 smoothie made w/1 cup milk, 1 yogurt, 1 banana, 1 cup strawberries, & 1 scoop whey protein powder and a chewy granola bar
- 250 calorie energy bar, 1 cup skim milk, 1 fruit, small hand full nuts
- 2 pieces wheat toast with 2 Tablespoons peanut butter, 1 string cheese, 1 fruit
- 2 Eggo whole wheat waffles, 1 Tablespoons butter, Drizzle syrup, 2 string cheese
- 2 Eggo whole wheat waffles with 2 Tablespoons peanut butter, 1 cup 2% milk or 1 cup skim milk and a string cheese
- 1 pack Nature Valley granola bars, 1 cup 2% milk, 1 string cheese, small handful nuts
- 1 yogurt with 1 cup cereal mixed in, 1 piece toast with 1 slice melted 2% cheese, 1 banana
- 1 pack peanut butter crackers, 1 cup skim milk, 1 fruit, 1 string cheese or yogurt
- 1 pack oatmeal (1 cup cooked) with 1 Tablespoon peanut butter and 1 scoop whey protein powder mixed in, 1 fruit or 1 cup 2% milk
- 1 whole wheat bagel w/2 Tablespoons low-fat cream cheese, 1 whey protein shake mixed with water
- 1 whole wheat tortilla warm with 3 slices ham and 1 slice 2% cheese, 1 pack peanut butter crackers

Healthy Breakfast Choices On-the-Go

Choose:

- ✓ Whole wheat bagel w/cream cheese
- ✓ Ham & cheese roll w/low-fat milk
- ✓ English muffin w/ham, egg, & cheese
- ✓ Protein shake w/milk, yogurt, & fruit
- ✓ Low-fat bran muffin

Instead of:

- Biscuits w/butter or gravy
- Chocolate covered donuts
- Croissant w/bacon and cheese
- Frappuccino w/syrup & whip cream
- Pastry or powdered donuts