

Create Your Breakfast Plate

Quick and Healthy Diabetes-Friendly Breakfast Ideas

Breakfast eaters...

- *Are more productive at work.*
- *Have better problem-solving skills.*
- *Have increased mental clarity.*
- *Have a healthier diet overall.*
- *Tend to weigh less.*

Breakfast is especially important for people with diabetes.

If there's no food on board, people with diabetes run the risk of low blood sugar, which can lead to complications. Even if you use fast-acting insulin to cover carbs, you shouldn't avoid breakfast. We know from research that glycemic control is much better when a person's carbohydrates are spread out - so try our easy breakfast combos to start your day!



Quick and Easy Breakfast Ideas: a whole grain serving + a protein + a fruit

Whole Grain Mini Bagel

+ 1 tbsp. of natural peanut butter + a fresh orange

Nutrition Information: 296 calories, 9g fat, 46g carbohydrate, 8g fiber, 233mg sodium, 10g protein

¼ cup Low Sugar Granola

+ 6 oz. vanilla Greek yogurt + ¾ cup blueberries

Nutrition Information: 305 calories, 7g fat, 43g carbohydrate, 5g fiber, 85mg sodium, 20g protein

Whole Grain English Muffin

+ 2 oz. reduced fat cheese + 1 cup raspberries

Nutrition Information: 349 calories, 12g fat, 42g carbohydrates, 6g fiber, 540mg sodium, 21g protein

Fiber One Muffin

+ a hard boiled egg + 1 cup cantaloupe cubes

Nutrition Information: 312 calories, 9g fat, 46g carbohydrates, 8g fiber, 278mg sodium, 10g protein

1 cup Kashi GoLean Cereal

+ 1 cup fat free milk + ½ cup sliced strawberries

Nutrition Information: 251 calories, 1g fat, 48g carbohydrates, 11g fiber, 166mg sodium, 21g protein

1 cup Cooked Whole Oats

+ 2 tbsp. chopped walnuts + a small banana + cinnamon

Nutrition Information: 319 calories, 10 g fat, 51g carbohydrates, 7g fiber, 4mg sodium, 9g protein



Fiber One Muffin

½ Whole Wheat Pita Pocket

+ 1 scrambled egg and 2 tbsp. shredded 2% cheese
+ 2 fresh clementines

Nutrition Information: 279 calories, 8g fat, 35g carbohydrates, 5g fiber, 372mg sodium, 15g protein