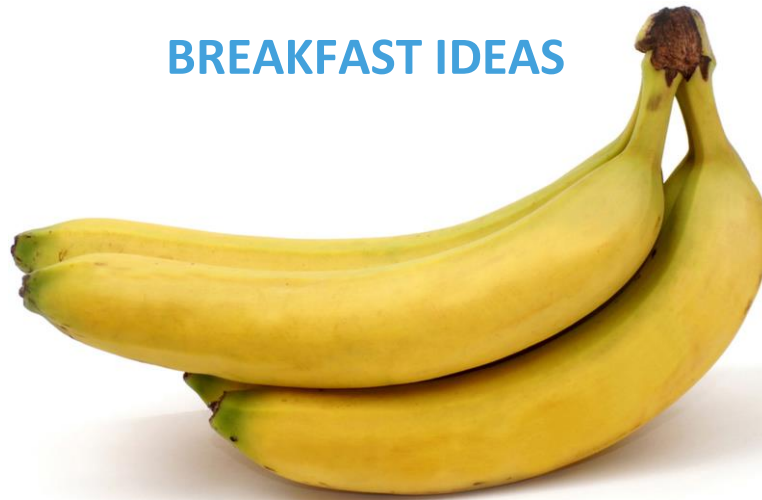


BREAKFAST IDEAS



Fresh Fruit

- Ready made platters
- Pre-washed and pre-cut fruits or wash and cut a variety of fresh seasonal fruit to create your platter
- Fruit suggestions: all berries, cubed melons, pineapple chunks, apple slices, grapes, orange slices, tangerines, bananas

Yogurt

- Purchase low-fat or non-fat yogurt, preferably with “live active cultures” and without added sugar such as high fructose corn syrup
- Better value if bought in bulk container(s) and served with cups and spoons for self-service
- Yogurt suggestions: Horizon, Stonyfield, Activia, Wallaby, Straus, Fage, Chobani (non-fat only)

Granola, Yogurt, and/or Fruit Parfaits

- Combine yogurt, fresh fruit, low-fat granola or whole-grain cereal from cereals suggested below to make individual parfaits
- Yogurt can be substituted with low-fat milk or rice, almond, or soy milk to make a cereal bowl instead
- Granola and whole-grain cereal suggestions: Kashi GO LEAN cereal; Good Friends cereal, Post Great Grains cereal, Raisin Bran, Shredded Wheat, Nature’s Path granola, Kirkland granola, Quaker Natural granola, Safeway granola, Bear Naked Granola

Instant Hot Cereal

- Provide self-serve toppings if desired such as fresh or dried fruit, chopped nuts, cinnamon
- Hot cereal suggestions: Kashi GO LEAN or Heart to Heart, Quaker Oats Instant Original, Nature’s Path

Bread Products

- Choose whole grain or whole wheat bread products and buy mini versions if available (mini bagels are 2 ½ inches in diameter)
- Bread product suggestions: Whole wheat English muffins, Thomas', Pepperidge Farms, or Western Bagel 100% whole wheat mini bagels or cut large bagels (3-4 inches in diameter) in half

Toppings/Condiments

- Kraft Philadelphia Light Vegetable or Plain Cream Cheese
- Unsweetened apple sauce
- Low-fat cottage cheese
- Fat-free or low-fat ricotta cheese
- Almond, cashew, or all natural peanut butter

Beverages

- Water
- Coffee or unsweetened tea
- Plain non-fat or 1% low fat milk
- Unflavored soy, rice, or almond milk (SILK, Kirkland Signature, 8th Continent, Rice Dream, Almond Breeze)
- 100% fruit or vegetable juice

These items/products are available at COSTCO and Safeway.

This is not an exhaustive list and is meant to provide suggested food and beverages that meet Santa Clara County Nutrition Standards – 2012.



Adapted from: Eat Well Berkeley, UC Berkeley's Wellness Program and the City of Berkeley Health Department

<http://uhs.berkeley.edu/facstaff/pdf/healthmatters/EWBshopbreakfast.pdf>

<http://uhs.berkeley.edu/facstaff/pdf/healthmatters/EWBshoplunch.pdf>

Santa Clara County
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