

Healthy Breakfast Ideas

Knowing what not to eat for breakfast is only part of the battle when you have diabetes. Understanding what makes for a healthy breakfast food is just as important. Here are some balanced breakfast solutions.

For meals on the go:

- a small piece of fruit **with** low-fat or fat-free Greek yogurt or cottage cheese
- a breakfast burrito with scrambled egg whites on a whole-wheat tortilla

To get more fiber:

- oatmeal with fresh fruit and low-fat or fat-free yogurt
- whole-grain cereal
- toasted whole-wheat bread or English muffins
- breakfast wraps or burritos made with whole-grain tortillas.

For healthy and lean protein sources:

- a handful of almonds
- natural peanut butter
- a slice of low-fat cheese
- an occasional egg is also fine
- low-fat or fat-free Greek yogurt and cottage cheese

If you want to juice your breakfast:

- keep the portion to a **maximum** of 8 ounces. A larger serving can raise your blood glucose too high
- substituting vegetables for some of the fruits to make a lower carb beverage
- add some protein powder

Include fruits and vegetables for fiber plus nutrition. Colorful fruits and vegetables are a low-calorie source of carbohydrates. Include them in your breakfast for vitamins, minerals, and fiber.

Remember fiber. Fiber fills you up without raising your blood sugar. That can mean better blood-sugar control and fewer calories. Try to get 7 to 10 grams of fiber every morning as part of a healthy breakfast for diabetes.

It's also important to check your blood sugar 2 hours after eating breakfast. Aim for a blood sugar less than 180mg/dl. If it's above 180 or the goal your doctor has set for you, you are likely eating too many carbohydrates and should cut back.

As long as you make healthy food choices, breakfast can be a chance to get better control of your blood sugar and your weight.