

# Super fast, super easy breakfast and lunch ideas

To start, review Everyday portion control to get a good understanding of food groups, recommended servings of each and portion sizes.

Now you're ready to tackle your breakfast and lunch challenge with smarts. With just a little preparation and a handful of healthy ingredients, you can whip up breakfasts and lunches that are both nutritious and easy to make — or order when you're eating out.

## Mix it up

Keeping track of food group servings can feel like a fulltime job. But here's an easy rule of thumb: Pick from three food groups for a healthy breakfast and four for a well-balanced lunch.

### **Breakfast Idea:**

- 30g of cereal (grain)
- 175g of yogurt (milk and alternatives)
- 125ml orange juice (vegetables and fruit)

### **Lunch Idea:**

- 35g whole-wheat crackers (grain)
- 75g turkey slices (meat and alternatives)
- 50g cheese cubes (milk and alternatives)
- 125ml bit-sized carrots and cucumbers (vegetables and fruit)

## On busy schooldays

Your school-age child may be out of sight during the day but you can still keep their eating habits on your radar.

### **Breakfast Idea:**

- Pop half a whole-wheat bun or English muffin with tomato sauce and mozzarella cheese into your toaster oven for a quick breakfast.

### **Lunch Idea:**

- For an easy brown bag lunch, create a Mexican fiesta by packing a bean and vegetable burrito, a 250ml container of lower fat milk and a serving of fruit such as an orange or pear.

## When time is really tight

You'd be surprised by the dishes you can make with ingredients you have on hand.

### **Breakfast Idea:**

- Before you toss that softened banana into the garbage, throw it in a blender with a ½ cup of milk and a handful of strawberries for a refreshing breakfast smoothie.

### **Lunch Idea:**

- Mix together tuna, celery, mayonnaise and shredded cheese for a quick tuna melt that spreads easily on a slice of whole-wheat bread.

## When taking a “time out”

Dining out may be quick and fun but it can also be healthy with a few simple tricks. Search the menu for low-fat choices and don't be afraid to ask for substitutions or to have your food cooked in a healthier way (like broiled versus fried). Read *Beat the restaurant diet sabotage blues* for tips and tricks when eating out. Also, it can be easy to go overboard so watch your portion sizes.

### **Breakfast Idea:**

- Poached eggs, whole grain toast and orange juice

### **Lunch Idea:**

- Tossed salad (with lower-fat dressing), grilled fish, rice and a glass of skim milk