

Fast Breakfast Ideas for Weight Control

If you are looking for an ultra fast, high-fiber breakfast that will keep you full until lunch, consider Greek yogurt mixed with fruit and high-fiber cereal. Plain 0% Greek yogurt has half the sugar and double the protein compared to regular yogurt. It is only 100 calories for a 6 ounce container. Another great choice is Dannon Light and Fit Greek yogurt.

Choose 3 food groups: dairy, grains and fruit so you can work towards your MyPlate servings in each day. Studies show that people who lose weight consistently eat a healthy breakfast each day.

1 container of yogurt that is 100 calories or less with 12 g or more protein:

- Plain 0% Greek Yogurt
- Dannon Light and Fit Greek Yogurt

Stir in one of these high fiber cereals:

- Kashi Go Lean, 13 g protein, 10 g fiber
- Kashi Go Lean Crunch, 9 g protein, 8 g fiber
- Kashi Go Lean Crisp, 9 g protein, 8 g fiber
- Nature's Path Flax Plus Raisin Bran, 6 g protein, 8 g fiber
- Nature's Path Smart Bran with Psyllium, 15 g fiber, 1 g protein
- Barbara's High Fiber Cereal, 14 g fiber, 5 g protein
- Fiber One by General Mills Bran Cereal, 14 g fiber, 2 g protein
- F-Factor Skinnys, 18 g fiber, 4 g protein
- Kellogg's All Bran Buds, 13 g fiber, 6 g protein
- Kellogg's All Bran Original, 9 g fiber, 4 g protein
- Kellogg's Special K Protein Plus 5 g fiber, 10 g protein
- Post Raisin Bran, 7 g fiber, 4 g protein
- Shredded Wheat, 6 g fiber, 6 g protein
- 1/4 cup ground flax seeds, 8 g fiber, 5 g protein

And add a fruit:

- Strawberries
- Blueberries
- Sliced apples
- Sliced pears
- Peaches

Other choices:

- Thomas Light Multigrain muffin, 1 egg
- Kashi Go Lean, skim milk, strawberries
- Smoothie: flax, skim milk, yogurt, berries
- Greek yogurt, fresh fruit, 1 tablespoon of granola, drizzle honey
- 2 tablespoons peanut butter, 2 reduced fat string cheese, apples or pears
- Smoothie: 1 scoop whey
- Protein bars: Fiber One
- Breakfast quick mix in bag: 1 cup Kashi Lean, 1/4 cup sliced almonds, 1/4 cup dried cranberries or raisins

