



Food Hero for Older Adults

Focus on Breakfast



A healthy breakfast provides energy and nutrients to start your day off right.



- **Protein:** Helps keep muscles and other tissues strong.
- **Healthy fats:** Good for the brain and help you feel full.
- **Fiber:** Supports digestion and steady blood sugar.
- **Fluids:** Help your body work well and support digestion.

How to Start Your Morning

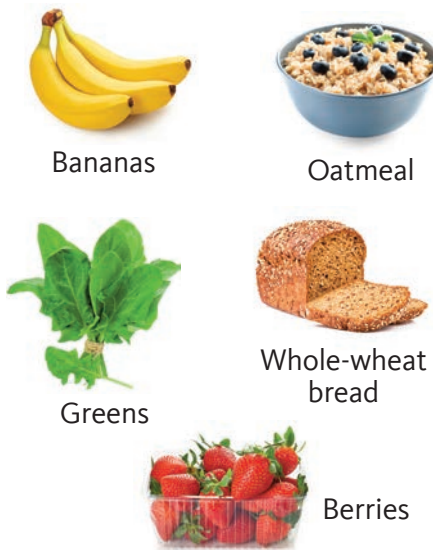
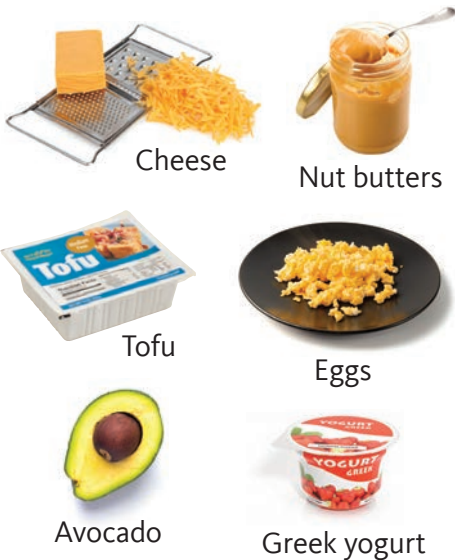
Proteins and Fats

+

Whole Grains with Fruits and Veggies

+

Movement



Protein: Eggs, yogurt, cheese, tofu, nuts and beans

Healthy fats: Avocado, nuts and seeds

Healthy tips:

- Look for protein foods that are low in saturated fat and sodium.
- Aim for 20 to 30 grams of protein at each meal to keep muscles strong.
- Plant proteins such as nuts and beans add fiber and healthy fats.

Whole grains: Oatmeal, whole-grain bread or brown rice for fiber

Fruits and vegetables: Berries, bananas and greens for vitamins

Healthy tips:

- Look for the whole-grain stamp or “100% Whole Wheat” listed on the package.
- Use fresh fruits or vegetables in season or buy frozen or low-sodium canned options!



Stretching: Five to ten minutes will loosen your muscles.

Walking: Ten or more minutes will help your circulation.

Chair exercises: Try leg lifts or marching in place.

Gentle yoga or tai chi: Both are great for balance and flexibility.

Healthy tips:

- Move in ways that work for you.
- Take movement breaks throughout your day.

Classics Stay Strong

Prepare ahead:
Make overnight
oats or pre-cut
fruit for quick, easy
breakfasts!

Hydrate early:
Begin your day
with water or
an unsweetened
beverage.

**Balance your
plate:** Include
protein, fiber and
healthy fats for
all-day energy.

**Bulk prep
whole grains:**
Cook a large batch
of oatmeal or
brown rice for the
week ahead.

**Make budget-
friendly choices:**
Use canned or
frozen fruits, whole
grains and plant-
based proteins.

Quick and Tasty Breakfast Recipes for One or Two

Recipes from FoodHero.org

Tofu Scramble

Try a quick and easy scramble that's perfect for using leftover veggies. Add your favorite spices or herbs and toss in beans for an extra boost of protein.



Morning Muffins

You'll love these muffins filled with carrots, cinnamon and whole-grain oats. Make a batch and freeze some to thaw as needed. Serve with eggs for extra protein.

Overnight Oats for One

Quick and easy make-ahead breakfast recipe that can be customized with your favorite fruit and spices. Use Greek yogurt for more protein.



Veggie Omelet in a Mug

Use a microwave to make this simple recipe with protein and healthy fats. For a balanced plate, add fruit and a slice of whole-grain toast.



Pineapple Carrot Protein Smoothie

Make this fruity, high-protein smoothie your own by using different fruits and vegetables. For even more protein, use Greek yogurt or add dry milk or protein powder.



Why Start Your Day with a Healthy Breakfast and Movement?

- **Improves digestion:** Fiber and movement support a healthy digestive system.
- **Supports muscle health:** Protein and movement help keep muscles strong.
- **Provides steady energy:** A balanced breakfast and light exercise keep you energized.