

Healthy Grab N' Go Breakfast Items

No time to eat breakfast? Think again, because it's the most important meal of the day. These nine breakfasts will fit into the busiest schedule.

- Whole-wheat English muffin half with 1 tablespoon peanut or almond butter
- 4-ounce container low-fat cottage cheese with 2 tablespoons raisins or dried cranberries
- Hard-cooked large egg with 2 brown-rice cakes
- 1 medium apple or orange with 1 ounce (small handful) almonds
- 1/2 small whole-wheat pita with 3 tablespoons low-fat black-bean dip
- 1/2 small whole-wheat bagel with 2 tablespoons part-skim ricotta
- Whole-grain toaster waffle with 6-ounce container light fruit-flavored yogurt
- 3/4 cup mixed unsweetened whole-grain cereal with 1 ounce (small handful) mixed nuts
- 1 slice cold (leftover) cheese pizza

