



Nutrition Tips

Breakfast: Fuel to start your day

Tips for breakfast

1. Think ahead to keep breakfast foods on hand. Items like eggs, yogurt, oatmeal and bread can be reliable go-to items in the morning.
2. If you have “no appetite” in the morning, look to your late night snack. Was it too big? Too many calories eaten late at night may affect your hunger in the morning.
3. Eat a balanced breakfast by having protein, carbohydrates, and fats (see plate on back). A balanced plate will help stabilize blood sugar and keep you feeling full longer.
4. When time is a problem, look for a protein or meal bar for breakfast. Many bars are balanced in carbohydrates, protein and fat.
5. Limit salt by flavoring eggs with herbs, seasonings or tabasco.
6. Remember to take binders with all your meals.

If you grew up hearing the words “eat breakfast, it’s the most important meal of the day”, you are correct. Even today healthcare providers (and parents) are still promoting the goodness of eating a healthy breakfast. Here are some reasons why you may consider breakfast.

1. Hemodialysis and peritoneal dialysis patients have increased protein needs. Breakfast foods like eggs, yogurt, peanut butter and low salt breakfast meats can provide a lot of valuable protein to your diet.
2. Breakfast eaters have better concentration and are more productive during the day. This may have to do with providing glucose (sugar) to the brain.
3. Breakfast can help with weight management. Breakfast kick starts the calorie burning engines (metabolism) in your body.
4. Breakfast foods contain a lot of vitamins and minerals that you might otherwise miss if breakfast is skipped.

Salt:

Processed meats like bacon, sausage and ham are high in salt which is not good for people on dialysis. While the lower sodium versions of these foods contain less salt, they may still contain higher amount of



Cheerios Breakfast Bars:

Ingredients:

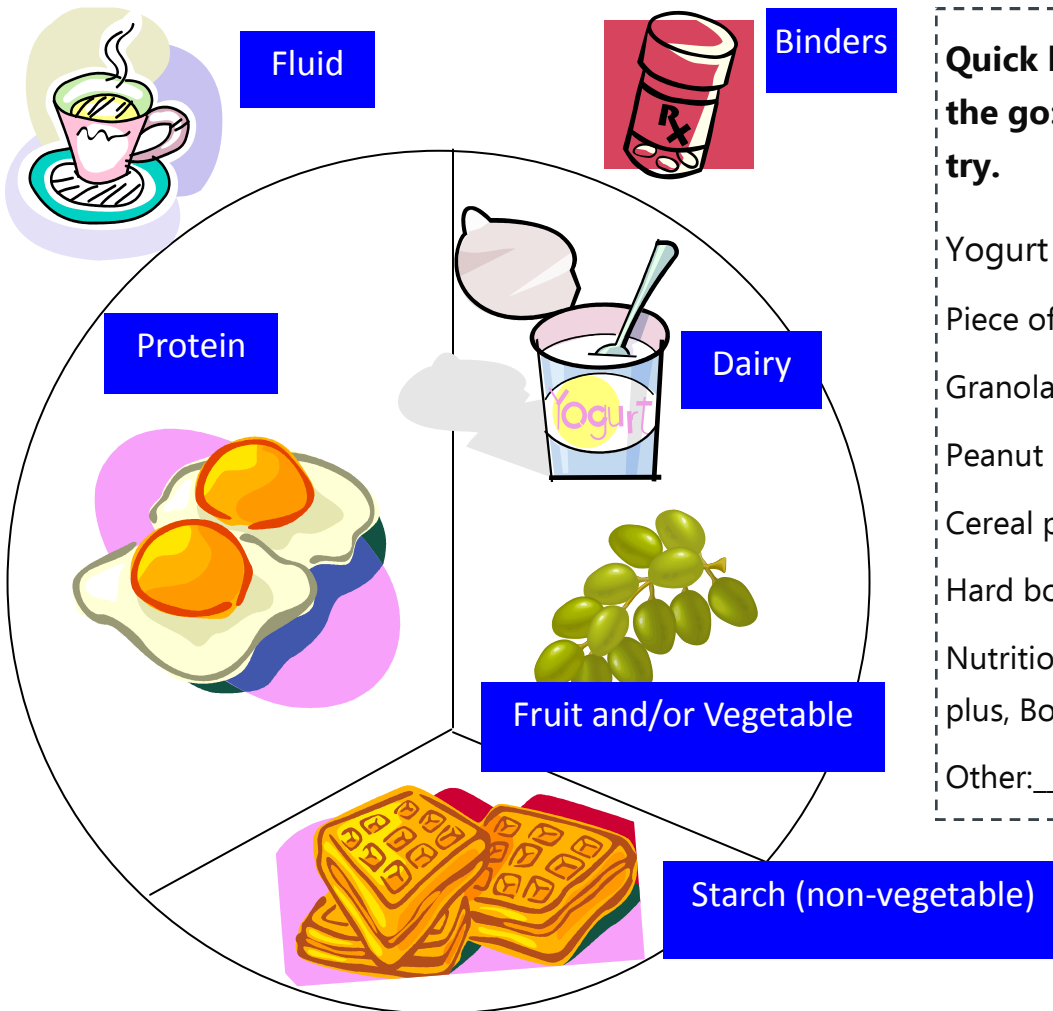
- 1 1/4 cups sugar
- 1/2 cup soft margarine
- 1/2 cup unsalted peanut butter
- 1/4 cup water
- 1 tablespoon vanilla
- 1 large egg
- 1 1/2 cups all-purpose flour
- 1 cup old-fashioned oats
- 1 cup raisins
- 1/2 teaspoon baking soda

Directions

1. Heat over to 375 degrees
2. Stir together sugar, margarine, peanut butter, water, vanilla, and egg in a large bowl.
3. Stir in remaining ingredients except cereal.
4. Gently stir in cereal and pour into an un-greased 9x13 pan and bake until golden brown.

Nutrition info per bar:

Calories: 170 Sodium: 89mg
 Carbohydrates: 30g Potassium: 146mg



Quick breakfast items for on the go: Circle what you will try.

- Yogurt
- Piece of fruit
- Granola bar or protein bar
- Peanut butter sandwich
- Cereal put in a zip lock bag
- Hard boiled egg
- Nutrition supplement like Ensure plus, Boost plus, Nepro
- Other: _____