

Spread 2 Tbs. of hummus on half a pumpernickel bagel.

Great Breakfast “Grab-and-Go’s”

Layer a whole-grain toaster waffle with $\frac{1}{2}$ cup plain low-fat yogurt and $\frac{1}{2}$ cup berries.

Blend $\frac{1}{2}$ cup each of plain low-fat yogurt and orange juice with $\frac{1}{2}$ frozen banana and a few frozen strawberries.

Who needs cream cheese and croissants? Skip the Cini-minis and cereal bars. Making your own healthy grab-and-go breakfast is a snap. Here are

Scoop $\frac{1}{2}$ cup low-fat cottage cheese into a cantaloupe or honeydew half.



a handful of ideas to get you

Spread 1 Tbs. peanut butter on whole-wheat bread and wrap it around a banana.

Melt 1 thin slice of Jarlsberg Lite Swiss Cheese over sliced tomato on an English muffin.

started. You can probably think of dozens of

variations. If you're still hungry, add a banana, apple, or other

fruit to the menu. Each grab-and-go

tip has no more than 400 calories,

8 grams of fat (3 of them saturated),

and 570 milligrams of

sodium.

Stir $\frac{1}{2}$ cup each of plain low-fat yogurt and orange-pineapple-banana juice with $\frac{1}{3}$ cup of sliced banana and $\frac{1}{2}$ dozen fresh or frozen blueberries. Freeze overnight

Add fresh fruit or cereal (like raisin bran or low-fat granola) to plain low-fat or non-fat yogurt.

Stuff half a whole-wheat pita with $\frac{1}{2}$ cup low-fat cottage cheese and sliced peaches, pears, or banana.

Top a raisin bagel with fat-free cream cheese (or a thin layer of "lite") and thin apple slices.

Roll a tortilla up with scrambled Egg Beaters and salsa.

Combine $\frac{1}{4}$ cup low-fat ricotta cheese with $\frac{1}{2}$ cup apple sauce and a dash of cinnamon. Sprinkle with Grape-Nuts.