

Take Charge of Your Health!

Make a quick breakfast that's easy, tasty & healthy!

Scrambled Eggs

Spray a pan or skillet with a non-stick cooking oil spray

Scramble the following ingredients together:

2-3 ounces of egg substitute

a pinch of crushed garlic

black pepper – as much as you like

1 Tbsp of diced green pepper

1 Tbsp of diced onion

1 Tbsp of diced red pepper

When the eggs are cooked, sprinkle the top with:

1 Tbsp of low-fat cheddar cheese (2% milk)

parsley flakes

Toast with Jelly

Toast the bread and spread the fruit preserves on top

1 slice whole wheat bread

1 Tbsp of fruit preserves (any flavor)

Serve with one day's full serving of juice

4 oz of orange, grapefruit, or other juice

**For a bigger breakfast, double the egg and have 2 pieces of toast. . .

DON'T FORGET TO DOUBLE ALL THE NUTRITION FACTS, TOO!



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu