

WHAT YOUR CARDIOLOGIST IS EATING FOR BREAKFAST

Life is complicated, but breakfast shouldn't be. The first meal of the day is essential, yet juggling schedules and long hours leaves little time to whip up frittatas and freshly squeeze our orange juice. Trying to eat heart-healthy on the run is just as difficult for doctors who work long hours and have little downtime between patients. Just like us, they also crave not-so-healthy meals like biscuits and gravy or breakfast sandwiches with everything on them. So, what good-for-you foods do heart physicians start their day with? Check out these menu items along with hints to keep breakfast options healthy in a hectic world.



Greek yogurt loaded with fresh berries and topped with granola



Whole wheat muffin with nut butter plus 2 eggs and a small banana



Organic applesauce with chia seeds, hemp seeds and a dash of cinnamon; 2 slices of turkey bacon; and 1 cup of whole-grain cereal with oat milk



Green smoothie made from 1 cup almond milk, 2 tablespoons of yogurt, a handful of spinach leaves, 5 cucumber slices, a small banana and 1 scoop of protein powder



An omelet filled with diced green pepper, onion, mushroom and tomato served with half of a gluten-free bagel and low-fat cream cheese



Whole-grain toast with organic jam plus 1 cup of yogurt mixed with flax seed and blueberries



Steel-cut oatmeal topped with chia seeds, almonds and strawberries

HINTS

- If you've been skipping breakfast, put it back on the table. Fueling your body for the day gets you off to a great start.
- Starting your day with healthy proteins and calories will get you through a busy morning and help you avoid overeating at lunchtime.
- Reach for plant-based substitutions when possible. For example, try coconut yogurt rather than milk-based, or start buttering your toast with sunflower butter.
- Meal prep breakfast when possible. Overnight oats, chia seed pudding and sliced berries are great grab-and-go alternatives.