Healthy Foods to Make a Meal

Kickstart your workday with a healthy meal to help to improve energy, memory and manage weight.

Keep healthy foods at home or work to put together for a healthy first meal of the day.

- piece of fruit
- hard boiled egg
- small whole grain bagel
- lower fat cheese
- whole grain cereal
- tomato
- lower fat milk or fortified soy beverage

- fruit or nut bar
- lower fat yogurt
- unsalted nuts
- nut butter
- unsweetened applesauce
- oat, barley or quinoa porridge

Alberta Health Services

Healthy Eating Starts Here