

# How to Build a Better Breakfast

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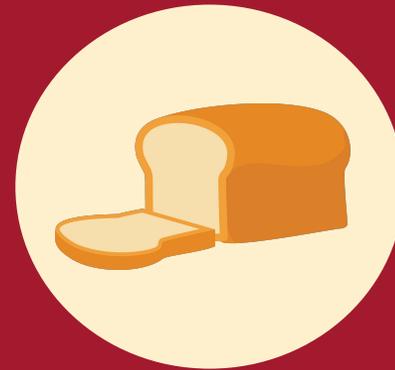


# Components of a Well-Balanced Breakfast



## Protein

Eggs, Chicken Sausage,  
Milk, Greek Yogurt, Soy  
Milk, Cottage Cheese



## Carbohydrates

Wheat Bread, Whole-Grain  
Cereal, Oats, Granola,  
Wheat Tortilla



## Color

Apples, Peaches, Grapes,  
Banana, Blueberries,  
Spinach, Bell Pepper

# Importance of Each Component



## Protein

High-protein breakfasts aid in weight loss, improve appetite-regulating hormone levels, & contributes to reduced hunger and cravings.



## Carbohydrates

A breakfast containing carbs gives our bodies the energy to get started and our brains the fuel it needs to take on the day.



## Color

Including color at breakfast boosts your intake of vitamins, minerals, and fiber, supporting digestion and overall health.

# Examples at SDSU

Location: University Towers



**BYO Breakfast Sandwich** **DF**

**Protein:** Egg, Turkey Sausage

**Carb:** Bagel

**Color:** Grilled Veggies



**Oatmeal** **V, GF, DF**

**Protein:** Peanut Butter

**Carb:** Oats

**Color:** Raisins



**Breakfast Bowl** **V, GF, DF**

**Protein:** Tofu, Chickpeas

**Carb:** Sweet Potato

**Color:** Mushrooms

## Key

**GF** = Gluten-Friendly

**DF** = Dairy-Free

**V** = Vegan

**VG** = Vegetarian

# Examples at SDSU

Location: South Campus Plaza



**Wellness Wrap VG**

**Protein:** Egg Whites

**Carb:** Spinach Tortilla

**Color:** Bell Pepper, Fruit



**Greek Omelet VG**

**Protein:** Egg, Feta

**Carb:** Wheat Toast

**Color:** Spinach, Tomato



**Avocado Toast VG, DF**

**Protein:** Tofu, Chickpea

**Carb:** Sweet Potato

**Color:** Avocado

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# Examples at SDSU

Location: Multiple locations on campus



**Spinach & Feta Wrap VG**

**Protein:** Egg Whites, Feta

**Carb:** Whole Wheat Wrap

**Color:** Spinach, Tomato



**Turkey Bacon Sandwich**

**Protein:** Egg Whites, Bacon

**Carb:** Wheat English Muffin

**Color:** Banana (order as a side)



**Egg White Bites GF, VG**

**Protein:** Egg Whites

**Carb:** Banana (order as a side)

**Color:** Bell Pepper, Spinach

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# Examples at SDSU

Location: Charles B. Bell Jr. Pavilion



**Raw-PB Bowl VG**

**Protein:** Peanut Butter

**Carb:** Granola

**Color:** Banana, Acai



**Greens To Go Shake V, GF, DF**

**Protein:** Protein Powder

**Carb:** Banana, Orange Juice

**Color:** Spinach, Pineapple



**Peanut Butter Toast VG, DF**

**Protein:** Hemp Seeds, PB

**Carb:** Wheat Toast

**Color:** Banana

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# Questions?



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Book an appointment to learn more about navigating dietary needs and food options on SDSU's campus.

[eatatsdsu.com/Dietary-Consultations](https://eatatsdsu.com/Dietary-Consultations)



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