



# **How to Build a Better Breakfast @ SDSU**

Amanda Nazario, MS, RDN

# Why is Breakfast Important?

- Most important meal of the day
- Improves cognitive function
- Boosts metabolism
- Reduce risk of illness
- Prevents you from becoming “hangry”

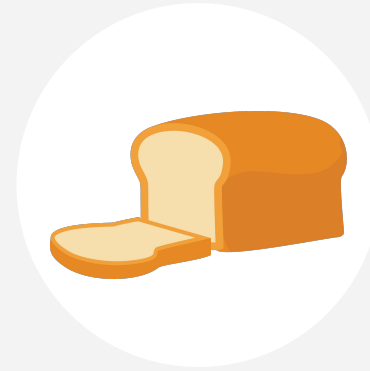


# Components of a Well-Balanced Breakfast



## 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 give 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.



# University Towers Kitchen

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

# Broken Yolk

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



**Feta Avocado Toast**  
**VG**

**Protein:** Tofu, Chickpea  
**Carb:** Sweet Potato  
**Color:** Avocado

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# Starbucks

Location: Multiple Campus Locations



**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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# Shake Smart



Location: Multiple Campus Locations



**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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