



# A Healthy Breakfast



Have a healthy breakfast every day:

- Try to have a different breakfast every day
- Always include a drink to start the day well hydrated
- Choose wholegrain varieties

Try to **avoid**:

- Sugary cereals or cereal bars e.g. (more than 5g sugar per 100g)
- Energy drinks
- Foods high in saturated fat, such as fried breakfast, pastries and croissants

Choose an item of food from each of the five sections

CARBOHYDRATES	PROTEIN	DAIRY	FRUIT AND VEGETABLES	
Wholemeal bread	Sardines	Glass of semi skimmed / skimmed milk	Grapes	Dried fruit
Toasted English muffin	Grilled lean bacon		Banana	Blueberries
Granary bread	Poached egg	Low fat natural / Greek yoghurt	Mushrooms	Grilled or tinned tomatoes
Wheat biscuits	Nuts and seeds		Strawberries	Dried apricots
Low salt and sugar muesli	Peanut butter	Low fat fromage frais	Apple slices	Melon slices
Crumpet	Baked beans		Fruit salad	Glass of pure fruit juice
Bagel	Egg pancake	Cheese slice	Fresh fruit smoothie	Avocado
Porridge or hot oat cereal	Grilled quorn sausage		Grapefruit	Sliced orange
Shredded wheat	Smoked salmon	Low fat cream cheese	Tinned peaches in juice	Kiwi
Wheat puffs	Omelette with berries		Spinach	Mango
Sprinkle of oats	A slice of lean ham	Low fat cottage cheese	Raspberries	Raisins
Wholemeal wrap	Scrambled egg		Asparagus	Warm fruit