



# 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 sections below:

Carbohydrates	Protein	Dairy	Fruit and Vegetables	
Wholemeal Bread	Sardines	Glass of semi or skimmed milk	Grapes	Dried fruit
Toasted English Muffin	Grilled lean bacon	Low fat fromage frais	Bananas	Blueberries
Granary Bread	Poached egg	Cheese slice	Mushrooms	Dried Apricots
Wheat Biscuits	Nuts and seeds	Low fat cream cheese	Strawberries	Melon slices
Low salt and sugar muesli	Peanut butter	Low fat natural Greek yoghurt	Apple slices	Grilled or tinned tomatoes
Crumpet	Baked beans	Low fat cottage cheese	Fruit salad	Avocado
Bagel	Egg pancake		Grapefruit	Sliced Orange
Porridge or hot oat cereal	Grilled Quorn sausage		Fresh fruit smoothie	Glass of pure fruit juice
Shredded Wheat	Omelette with berries		Tinned peaches in juice	Kiwi
Wheat puffs	Smoked salmon		Spinach	Mango
Sprinkle of oats	Slice of lean ham		Raspberries	Raisins
Wholemeal wrap	Scrambled egg		Asparagus	Warm fruit