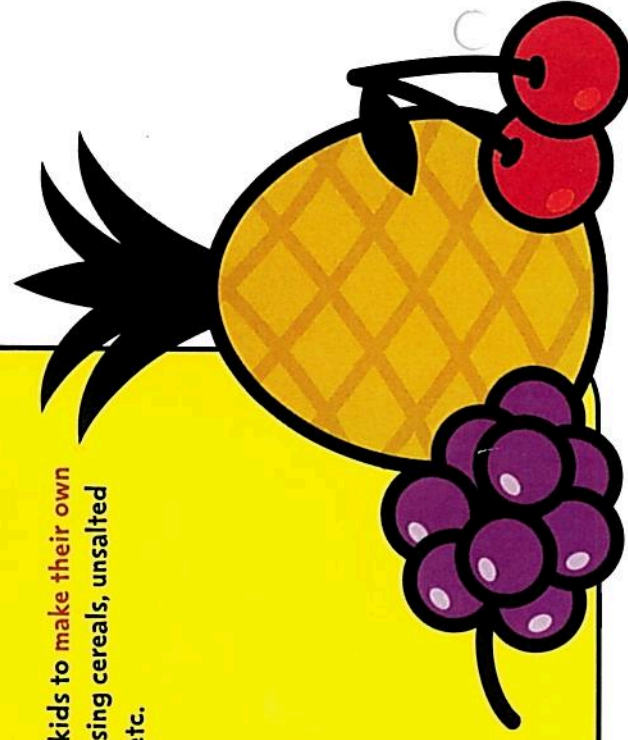
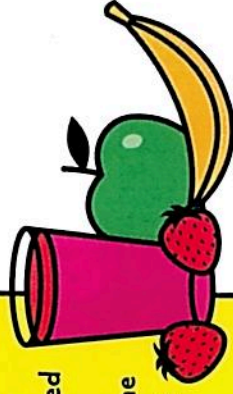


# breakfast at home

## Some tips to try

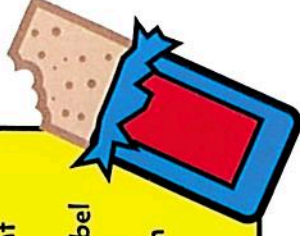
- For a tasty and healthy start to the day, it's good to base breakfast on starchy foods such as bread or breakfast cereals.
- When choosing cereal, try to go for one that contains wholegrains and is lower in salt and sugar. Also, serve it with semi-skimmed, 1% or skimmed milk, or low-fat yoghurt (but remember 1% or skimmed milk isn't suitable for children under 5).
- Try to fit in some fruit – fresh, frozen, tinned or dried fruit all count towards 5 daily portions of fruit and veg. Put slices of banana on toast, or add chunks of apple, berries, or dried fruit to cereal.
- Adding fruit to cereals is also a great way to get kids to eat less sugary cereals. Alternatively, try mixing sugary cereals with lower-sugar ones, increasing the amount of lower-sugar cereal over time to get kids used to them.
- Wash down breakfast with a glass of 100% fruit juice as this will count as a fruit and veg portion. A glass (150ml) of fruit juice counts as a maximum of one portion of your 5 A DAY.
- Try making toast with wholemeal or granary bread, and use just a small amount of low-fat spread (e.g. margarine) or jam. Choose a spread that is high in polyunsaturates or monounsaturates (both types of unsaturated fat), instead of one that's high in saturated fat, such as butter.
- Why not try a fruit smoothie? If there's time, make it the night before and store it in the fridge, or prepare all the ingredients ready to buzz in a blender in the morning. Use fresh fruit such as banana and strawberries and some plain low-fat yoghurt or lower-fat milk, or puree a few canned apricot halves with some orange juice. You could also try adding some wholegrain cereal to your smoothie for extra fibre.
- Porridge oats are cheap and contain lots of vitamins, minerals and fibre. Make porridge with semi-skimmed, 1% or skimmed milk, or water. If you usually add salt or sugar, try adding a few dried apricots or a sliced banana for extra flavour instead.
- For a change from ordinary toast, try some toasted fruit bread.
- If there's more time, why not have a poached egg and mushrooms on toast? Try grilling the mushrooms as it's healthier than frying.
- It's great to have breakfast together as a family as it encourages kids to eat breakfast and get a great start to the day.
- It's fun for kids to make their own breakfast using cereals, unsalted nuts, fruit etc.



# breakfast on the go

## Some tips to try

- When it's not possible to fit in breakfast at home, try making a packed breakfast the night before and put it in the fridge. How about a cheese sandwich made with a wholemeal roll, low-fat spread and a small amount of cheese? Adding some lettuce and tomato will also help towards getting 5 A DAY.
- Keep a stock of foods that are easy to grab on the way out in the morning, such as apples, pears, satsumas, bananas, mini bags of dried fruit and unsalted nuts, cartons of fruit juice and slices of fruit bread.
- Crackers and breakfast bars can also be convenient, but bear in mind that these can be high in fat, salt and sugar, so remember to check the label before buying. Have a look at the 'How much is too much?' section on the next page as a guide.



## good breakfast foods

### Some tips to try

- The following foods are all great ingredients for a healthy breakfast.
  - Fruit and vegetables – all fruit and vegetables that are fresh, tinned, dried, frozen or in juice form are good for you. (Just be careful of things like tinned peaches in syrup as these are higher in sugar than those in their own juice).
  - Starchy foods – bread (especially wholemeal), rice and cereals (especially wholegrain) that are lower-sugar and lower-salt.
  - Milk and dairy – cheese, low fat yoghurt and lower-fat milk.
  - Non-dairy protein – meat, fish, eggs, beans and unsalted nuts.
- Go easy on breakfast spreads that are high in fat, sugar and salt – e.g. jam, butter and yeast extract. We can get away with spreading on less than we think!

