

Breakfast

Having breakfast is the best way to start off your day.

Breakfast is seen as the most important meal of the day, not only does it give you energy to get you through your morning; it will help you concentrate at school or at work and provide your body with essential nutrients to help you stay strong and healthy!

Below are some great breakfast ideas:

Boiled, scrambled or poached eggs

Serve on wholemeal toast or pitta bread with baked beans!



Porridge oats

Add fresh fruits like berries or bananas to make it extra tasty

Fruit salads

Use fresh, frozen or tinned (in natural juice) fruit and serve with low fat Greek/plain yoghurt



Smoothies

Make your smoothie with semi-skimmed or skimmed milk.

Add frozen berries, bananas, kiwis and even spinach!



Cereals

Cereals with skimmed/semi-skimmed milk and fresh or dried fruit added on top

Yoghurt

Try natural/plain yoghurt or Greek yoghurt and add fruit for extra sweetness!



Alternatives

Why not try fruit loaf, bagels or crumpets with low fat cheese spread and fruit!

Breakfast foods to AVOID!

Below are examples of breakfast foods we would recommend that families avoid. This is because of their high sugar content.



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