

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 drinks
- Sugary cereals or cereal bars e.g. more than 15g sugar per 100g
- 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 or white bread	Sardines	Whole or semi-skimmed milk	Grapes
Toasted English muffin	Grilled lean bacon	Full fat natural / Greek yoghurt	Banana
Granary bread	Poached egg ensure yolk is cooked through	Full fat fromage frais	Mushrooms
Wheat biscuits	Chopped nuts and seeds	Cheese slice	Strawberries
Low salt and sugar muesli	Peanut butter	Full fat cream cheese	Apple slices
Crumpet	Baked beans	Full fat cottage cheese	Fruit salad
Bagel	Egg pancake		Fresh fruit smoothie
Porridge or hot oat cereal	Grilled quorn sausage		Grapefruit
Shredded wheat	Hardboiled egg		Tinned peaches in juice
Wheat puffs	Omelette with berries		Spinach
Sprinkle of oats	A slice of lean ham		Raspberries
Tortilla wrap	Scrambled egg		Asparagus
			Dried fruit
			Blueberries
			Grilled or tinned tomatoes
			Dried apricots
			Melon slices
			Pure fruit juice diluted, (50% water 50% fruit juice)
			Avocado
			Sliced orange
			Kiwi
			Mango
			Raisins
			Warm fruit

Visit our website www.cornwallhealthyweight.org.uk for lots more ideas and recipes