

# Breakfast



Eating a nutritious breakfast every day kickstarts your body and brain for learning/work and gives you energy for play, and to get through the day.

Any breakfast is better than no breakfast, but some choices are better than others.

Ideal breakfast options are:

- low in fat and sugar, look for **10g or less per 100g**
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- high in fibre/dietary fibre for healthy digestion and to keep us feeling full for longer, aim for fibre to be **more than 5g per 100g**

The best breakfast options are often the cheapest.

Some nutritious and delicious breakfast options include:

- **Weet-bix** and **porridge** are high in fibre to keep us feeling full for longer. Add reduced or low-fat milk and/or yoghurt and sweeten with fruit.
- **Wholemeal/grainy toast** with toppings like eggs, cheese, tomato or avocado (when in season) or peanut butter. A thin spread of marmite, jam or honey make ok toppings to.
- **Eggs** provide protein to help our bodies to grow and build and repair strong healthy muscles. Enjoy so many ways – boiled, poached, scrambled, omelet or in a frittata
- **Smoothies** - experiment with different combinations of reduced or low-fat milk or yoghurt, fresh, canned (in juice) or frozen fruits and vegetables to give your smoothie a different taste. Add a weet-bix or oats for extra energy to GO!
- **Banana oat pancakes** – perfect for weekend brunch. Combine 1 cup milk, 1 mashed banana, 1 ¼ cups oat flour (blend rolled oats to make oat flour) and 1 tsp baking powder. Pour pancake batter into a lightly greased pan, ¼ cup at a time, and cook till golden brown on both sides. Enjoy with fruit and yoghurt.

If you need breakfast on-the-run, mix and match from these last-minute options:

- Monkey roll – banana wrapped up in bread
- Yoghurt
- Fresh fruit
- Bread or toast with spreads
- Hard boiled eggs – boil them the night before and keep in the fridge for a quick breakfast the next day.

Wash them down with a glass of reduced or low-fat milk and you are good to go!