

good breakfast guide

This guide gives you lots of helpful advice on the different foods that can help us all get a healthier start to the day.



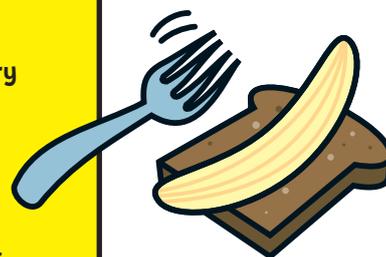
change
4 life

Eat well Move more Live longer

breakfast at home

Some tips to try

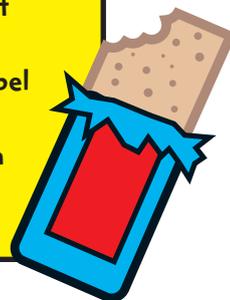
- For a tasty and healthy start to the day, it's good to **base breakfast on starchy foods** such as bread or breakfast cereals.
- When choosing cereal, try to go for one that contains wholegrains and is **lower in salt and sugar**. Also, serve it with semi-skimmed, 1% or skimmed milk, or low-fat yoghurt (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.
- If you work in an office, keep a box of wholegrain cereal, a bowl and a spoon at work – then just pick up some lower-fat milk on the way to enjoy a good breakfast!
- Try making a big fruit salad for dessert after an evening meal and save what's left in a plastic box so it can be eaten for breakfast the next morning.
- 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).

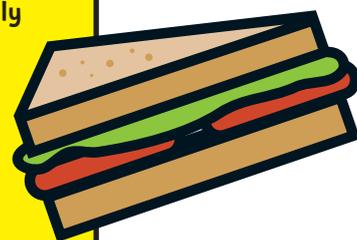
Starchy foods – bread (especially wholemeal), rice and cereals (especially wholegrain) that are lower-sugar and lower-salt.

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!



how much is too much?

Here's a quick reference guide to how much fat, saturated fat, sugar and salt is recommended, and how much is considered too much.

Total fat

High is more than 20g fat per 100g
Low is 3g fat or less per 100g

Saturated fat

High is more than 5g saturates per 100g
Low is 1.5g saturates or less per 100g

Sugar

High is more than 15g sugar per 100g
Low is 5g sugar or less per 100g

Salt

High is more than 1.5g salt per 100g
Low is 0.3g salt or less per 100g

the eatwell plate

A handy guide

For more general help with knowing how much of which foods we should be eating from each food group, have a look at the eatwell plate below. You can also download it from the Food Standards Agency website at www.eatwell.gov.uk/healthydiet so you can stick it on the wall where everyone can see it.

Allergies

It's more important than ever to be aware of food allergies, especially when recommending food to kids, or running activities that encourage them to try new things.

Allergies can range from a relatively minor intolerance to a major reaction requiring urgent medical attention. That's why it's so important to not only ask kids and their parents if they are aware of any allergies, but also to be aware of the signs if they are trying something for the first time.

For some help and advice on food intolerances, visit www.eatwell.gov.uk/allergy where you'll find everything you need.



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods

Milk and dairy foods

Foods and drinks high in fat and/or sugar

Meat, fish, eggs, beans and other non-starchy sources of protein

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