Bag-a-breakfast

Whilst breakfast is no more, or less, important than any other meal, kick starting your day the right way IS important.

Breakfast is the opportunity to top up the energy stores used by your body overnight, and to provide essential nutrients such as fibre, vitamins and minerals.

Plus scientific studies have shown that eating breakfast might improve our mental performance, our ability to concentrate, and our mood – three great reasons to eat a healthy breakfast every day!

Best breakfast drinks

Rehydrating first thing in the morning is vital, and water is always the best option. However milk, pure fruit juice, tea or coffee also supply fluid and, providing no additional sugar is added, provide a healthy option.

Just remember that even fresh fruit juice, and smoothies, contain natural sugars which will add energy to the diet and increase the risk of tooth decay so stick to one 150ml glass per day.

I don't have time for breakfast!

Plan, plan, plan ahead. Set the table the night before, or make items in advance that you can simply grab from the fridge.

Beware high sugar pre-packaged breakfast items such as breakfast bars or cereal "drinks" – instead make your own by sprinkling granola on a yogurt, or eating a piece of fruit with some dry cereal.

What if I don't want breakfast?

Some people just don't feel like eating as soon as they wake up; that's okay but, if you can, you should try and eat within a couple of hours of getting up.

Taking breakfast items on the go with you can help with this. Good choices could be a banana or a piece of malt loaf/fruit bread, or perhaps a yogurt with granola sprinkled on.

Further information:

- www.bda.uk.com/foodfacts/healthy_breakfast
- www.phunkyfoods.co.uk/parent/bag-a-breakfast-parents-information/
- For more healthy breakfast ideas and recipes visit www.phunkyfoods.co.uk/recipes

Bag-a-breakfast

Start EVERY day the right way!

Pin me up!

1 Base your breakfast on... Starchy Carbohydrates

to re-fuel your body

Choose one from:

- Bread, bagels, muffins, crumpets or crackers (choose wholemeal or seeded)
- Wholegrain breakfast cereals
- Porridge

or

2 Add some... Fruit and Vegetables

to keep you healthy

or

Choose one from:

- Seasonal fresh fruit or tinned/frozen: Banana, satsuma, apricot, peach, grapefruit, melon
- 150ml of fresh fruit juice, homemade fresh fruit smoothie
- Dried fruit or pomegranate seeds on cereal
- Grilled tomatoes or mushrooms on toast

3 Include... Dairy & Alternatives

for healthy teeth and bones

or

Choose one from:

- Dairy fruit smoothie with yogurt and/or milk (150ml)
- Low fat and low sugar yoghurt or fromage frais
- Serve your breakfast cereal with ice cold milk

*Supercrunch-recipe on website

Don't forget drinks

to rehydrate your body

Choose one from:

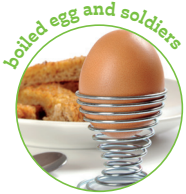
- Semi skimmed milk – or skimmed milk for children over 5 years.
- 150ml of fresh unsweetened fruit juice
- A large glass of water

or

When you have a little extra time... Protein Foods

for growth and repair

or



Choose one from:

- Poached/scrambled eggs on wholemeal toast
- Mushroom and cheese omelette
- Baked beans on wholemeal toast

If you're pushed for time try our... Grab & Go breakfast ideas!

Choose one from:

- A scotch pancake, banana and water/milk
- Breadsticks, low fat cheese, grapes/apple and water
- Mini blueberry muffin, satsuma and water/milk

Design and print langleycreative.co.uk May 2019. LC 4666