



Why should I eat breakfast?

Breakfast is the most important meal of the day. It can help with memory and concentration at school, and give you energy to study and play. Regular breakfast eaters tend to have a healthier weight than those who skip breakfast.

Look for breakfast cereals that are high fibre and low fat and with not too much added sugar or salt. Here are some healthy breakfast options:

- porridge with honey and cinnamon
- muesli with yoghurt (make your own muesli and store for up to 2 weeks!)
- fresh fruit and/or yoghurt
- higher-fibre cereals like Weet-Bix, Vita Brits, Mini-Wheats, Just Right, Fibre Plus, Sustain or similar
- multigrain toast with a boiled or poached egg
- baked beans/ Spaghetti on toast
- raisin toast
- pita bread with olives and feta
- melted cheese and vegemite on toast or an English muffin
- crumpets with jam
- banana milkshake or fruit smoothie
- pancakes with yoghurt and fruit
- breakfast muffins

There are lots of ideas out there for a good, nutritious breakfast..... so get cracking!