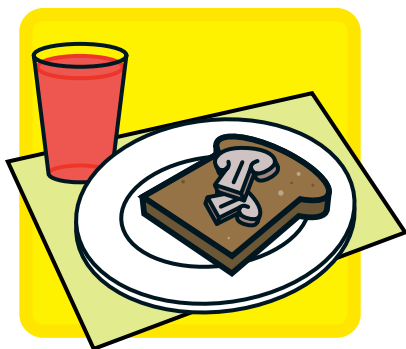


What's for breakfast?

Eating breakfast kick-starts our metabolism, helps us concentrate better at school or at work because we're not distracted by hunger, and generally gets our day off to a good start. Explore the plates below to get tasty and healthy ideas and tips for breakfast.



Toast with toppings

For a tasty and healthy start to the day, it's good to base breakfast on starchy foods such as bread or breakfast cereals.

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.

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.

For a change from ordinary toast, try some toasted fruit bread.



Porridge and fruit juice

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.

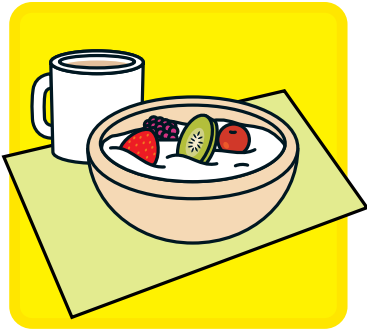
Wash down breakfast with a glass of 100% fruit juice as this will count as a fruit and veg portion. A glass (150ml) of fruit juice counts as a maximum of one portion of your 5 A DAY.



Lunchbox

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.

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!



Cereal with fruit juice

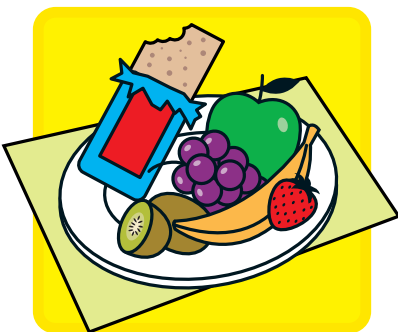
When choosing cereal, try to go for one that contains whole-grains and is lower in salt and sugar. Also, serve it with semi-skimmed, 1% or skimmed milk, or low-fat yoghurt (but remember 1% or skimmed milk isn't suitable for children under 5).

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.



Fruit smoothie

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.



Fresh fruit and breakfast bars

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.

Unfortunately, we don't always have time in the morning to sit down together. That's why it's great to have a back-up plan.

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.

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.