



Good Food, Good Life

BREAKFAST,

THE MOST IMPORTANT MEAL OF THE DAY

Tastier, healthier choices



EATING BREAKFAST CAN:



IMPROVE YOUR ALERTNESS,

mental performance, and memory function throughout the morning.



BOOST YOUR INTAKE OF NUTRIENTS

such as vitamins and minerals because most breakfast cereals are enriched with vitamins and minerals.



HELP YOU MAINTAIN A HEALTHY WEIGHT

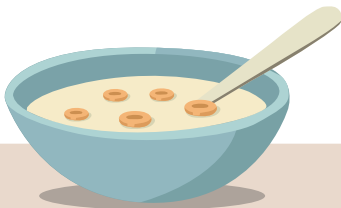
as you will be fuller for longer and reduces the chances that you will snack on high fat, high sugar choices at mid-morning.



HELPS YOU ACHIEVE YOUR 5- VEGETABLES AND FRUIT A DAY

Research shows that people who eat plenty of fruit and vegetables have a lower risk of heart disease, cancer, and other chronic diseases.

SOME GOOD BREAKFAST CHOICES INCLUDE:



CEREAL

Whole grain /high fibre cereal, untoasted muesli / porridge, oats with low fat or skimmed milk.

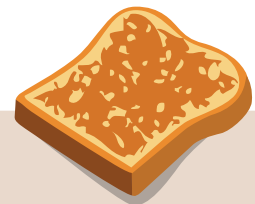
Add a fruit or keep it for a mid-morning snack.



LIGHT & EASY

Low fat yoghurt with fruit /nuts/muesli.

Fresh fruit salad with some low fat yoghurt.



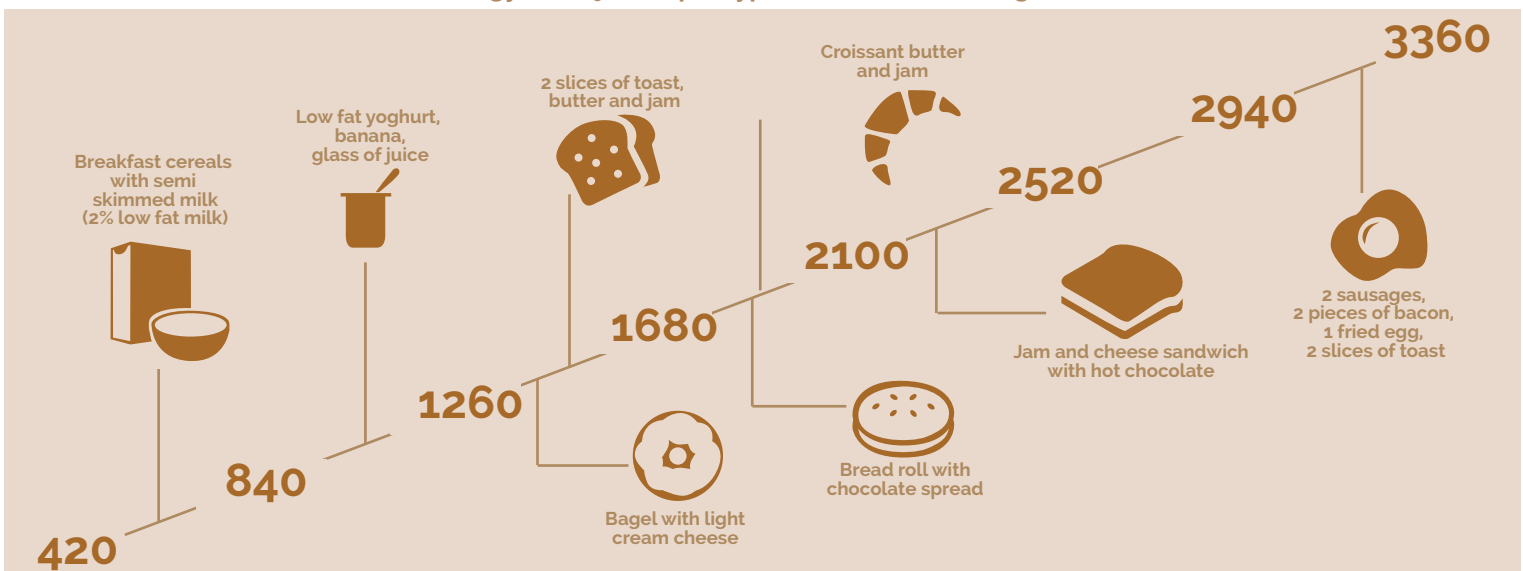
TOAST

Peanut butter /cheese with whole wheat bread/toast.

Whole wheat/whole grain bread topped with baked beans cheese/avocado/ boiled egg.

ENERGY COMPARISON OF COMMON BREAKFAST CHOICES

Energy in kilojoules per typical breakfast serving size.



EATING BREAKFAST REGULARLY IS A HABIT WORTH ACQUIRING.

Eat a healthy breakfast each morning to kick-start your day.