

# Start the Day the Right Way - Have a Healthy Breakfast!



Breakfast provides your body & brain with fuel after an overnight fast; that's where the name originates - 'breaking the fast'!

Without breakfast you are effectively running on empty, like trying to start a car with no petrol!

Eating breakfast has many **health benefits** for us all, including:

- Improving brain function
- Reducing the risk of diabetes
- Reducing the risk of heart disease
- Helping maintain a healthy weight
- Reducing the risk of high blood pressure



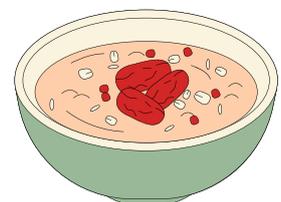
In addition, children who have a healthy, nutritious breakfast before school have been found to have improved reading, writing & maths results, and have better levels of concentration & behaviour!

## ***What does a healthy breakfast look like?***

Breakfast **cereals** are a quick and easy option. Many provide nutrients such as fibre, vitamins & minerals which are needed to keep our bodies healthy.

Try to aim for low sugar ones such as:

- Muesli
- Porridge
- Weetabix
- Shredded Wheat



## Serving Suggestion

*Add fresh or dried fruit (e.g. banana, berries or raisins) to your cereal for natural sweetness & to get one of your 5-a-day!*

## Top Tip!

For everyone over 5 years of age, **use semi-skimmed or skimmed milk** instead of whole milk as these have less fat yet are still full of vitamins & minerals including calcium which is needed for healthy teeth & bones.



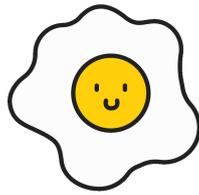
## Remember:

- *Usually 30g (one small bowl) of cereal is classed as a serving - but it is often tempting to have more! Be sure to watch your portion sizes.*
- *Avoid high sugar cereals such as frosted flakes (eg. Frosties) & chocolate covered ones (eg. Coco Pops).*
- *Even those cereals which may seem healthy (such as Bran Flakes or Granola) contain surprisingly high amounts of sugar. Make sure you check the nutritional label on the box.*

## Other Options:

- **Toast** - another quick & easy breakfast!  
Remember, brown/wholemeal bread is healthier than white as it has more fibre. 50/50 is also a better option than white - yet it looks & tastes the same so the kids won't notice!
- **Crumpet or Bagel** - these are a healthy alternative too and make a nice change from toast.

- **Low-fat Natural Yoghurt or Greek Yoghurt** - you could add muesli, fruit, nuts or seeds for added taste & texture.
- **Eggs** - try them poached, boiled or scrambled, or why not make an omelette?
- **Pancakes** - they don't just have to be eaten on Pancake Day! Add fruit such as strawberries or blueberries or make them savoury by adding mushrooms or tomatoes - that way you'll be getting one of your 5-a-day too!



### ***Serving Suggestion***

*Instead of using butter or margarine on your toast, why not try peanut butter, marmite, hummus, avocado or banana instead?*

*It's best to avoid sweet toppings like jam, marmalade & chocolate spread as these are full of sugar.*

### **Top Tip!**

Take care with **breakfast/cereal bars** - they can appear to be healthy but actually may contain high levels of fat & sugar (*e.g. one Eat Natural bar has 12g of fat and 16g of sugar!*)

### **Try to Avoid:**

- Sweets, chocolate, biscuits, cakes & sweet pastries (*e.g. pain au chocolate*).

We all like them but they are unhealthy & not suitable for a meal or snack as they have high levels of sugar & fat and have limited (or no) nutritional value. Save them for an occasional treat.

- Crisps, other salted snacks (e.g. *Pringles*) & savoury pastries (e.g. *sausage rolls*).

These contain high amounts of fat & salt. Again, they should be saved as a treat and not eaten every day.

## Drinks:



- **Water is always the best option.**

It is hydrating, contains no sugar or calories, and is cheap!

To make plain water more exciting, you could add ice, lemon or lime slices, cucumber or mint.

- **Milk** is the next best option. Again, stick to semi-skimmed or skimmed for anyone over 5 years of age.
- One small glass (150ml) of **fruit juice or smoothie** counts as one of your 5-a-day. However, although they have lots of vitamins & minerals, they also contain lots of sugar so just stick to one small glass a day.
- **Sugar free or diet fizzy** drinks are better than those with sugar in. However, many of them contain acids which are harmful to teeth so still need to be limited.
- **Energy drinks** (e.g. *Lucozade, Red Bull, Monster*) contain caffeine as well as lots of sugar and **are not suitable for children.**

**For more information, top tips, fun facts & recipes ideas, check out our website:**

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