HAVE BREAKFAST

The Challenge

Have a healthy breakfast every day - go for wholegrain or higher fibre foods, include a drink and at least one of your 5 A DAY!

Why is it important to have breakfast?

- Breakfast helps get the day off to a good start by providing some of the energy and nutrients the body needs for good health (e.g. starchy carbohydrate, fibre, B vitamins, calcium and iron).
- Eating breakfast has been associated with beneficial effects on cognitive performance.
- Having breakfast, particularly one which includes protein, may help you to stave off hunger and reduce snacking on less healthy foods.

What makes a healthy breakfast?

- Choose higher fibre, wholegrain varieties of starchy foods, such as wholemeal bread or wholegrain, low sugar breakfast cereals.
- Include at least one of your 5 A DAY at breakfast (e.g. chopped banana, a handful of berries, grilled tomatoes or mushrooms).
- You could include dairy foods (e.g. milk, yogurt) or calcium-fortified non-dairy alternatives (e.g. soya drinks). Choose low fat and low sugar options.

- You could include a source of protein (e.g. eggs, beans, kippers, nuts).
- Always include a drink so you start the day hydrated – water, unsweetened tea and coffee, and low fat milk are good choices. 100% fruit/vegetable juices and smoothies count towards one of your 5 A DAY, but should be limited to no more than a combined total of 150ml per day.

Tips for having a healthy breakfast every day

- Prepare your healthy breakfast the night before (e.g. fruit salad, overnight soaked oats, hard-boiled eggs).
- Make sure to stock up on breakfast basics at home and keep a supply at work (e.g. wholegrain, low sugar cereals, wholemeal bread, fruit, low fat and low sugar yogurt).
- If buying breakfast out, check nutrition information on labels or menus and go for the options low in saturated fat, sugar and salt.

The Super Challenge

Have a different healthy breakfast every day for a week!