#breakfast
# publichealth5-19service




# BREAKFAST
## FACTSHEET

This factsheet will provide you with information and very helpful links to lots of websites with hints and tips about the importance of eating breakfast and making healthy breakfast choices.

## TOP TIPS ABOUT BREAKFAST

Try to make time for eating breakfast as it is the most important daily meal and is the best way to start your day in order to provide you with the energy you require until lunchtime. A breakfast based on carbohydrates (starchy foods) will help with concentration at school and work.

**Tip 1:** Try to choose cereals that are low in fat, sugar and salt and avoid adding sugar to cereal.

**Tip 2**: Healthier option cereals are the ones that contain wholegrains such as porridge, wholewheat cereal biscuits or shredded wholegrain pillows, as these are high in fibre so will help you stay fuller for longer.

**Tip 3**: Choosing fortified cereals will help with a healthier diet, as they contain vitamins and minerals.

**Tip 4**: Having milk or yogurt on your cereal allows you to add calcium to your diet to help with bones and teeth.

**Tip 5**: Add chopped fruit or a glass of unsweetened fruit juice (under 5s dilute fruit juice with 2 parts water to 1 of juice) to your breakfast choice to help towards your 5 a day.

**Tip 6:** If you prefer a cooked breakfast then go for a high protein, low fat option such as poached, boiled or scrambled eggs or baked beans. Add some vegetable such as tomatoes, mushrooms or spinach to add to your 5 a day.

**Tip 7**: If you really don't have time for breakfast there are still opportunities to include breakfast into your busy schedule such as a piece of fruit, a low fat yogurt or a pot of porridge.

**Tip 8**: Choose wholemeal, granary or brown bread for toast as this is high in fibre, use a small amount of low fat spread and avoid sugary toppings on your toast.

**Tip 9**: Always have a drink with your breakfast.

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# VISIT THESE USEFUL WEBSITES

www.nhs.uk/Change4Life/Pages/healthy-eating.aspx
Department of Health campaign to help families eat well, free resources for all who join.

www.nhs.uk/change4life/Pages/breakfast-game-toast-toppings.aspx
Tips for healthy breakfasts

www.nhs.uk/livewell/goodfood
Information, advice and free resources on eating a balanced diet.

http://www.nhs.uk/Livewell/loseweight/Pages/Healthybreakfasts.aspx
Information which includes some breakfast suggestions.

http://www.nhs.uk/Livewell/Goodfood/Pages/healthy-breakfast-cereals-low-in-sugar-fat-salt.aspx
Information which includes healthy cereal options.

https://www.bhf.org.uk/heart-health/children-and-young-people
Top tips on keeping your child healthy, from the British Heart Foundation.

https://www.bhf.org.uk/heart-matters-magazine/nutrition/breakfast
Top tips on eating breakfast and healthy breakfasts

www.cwt.org.uk
The Caroline Walker trust provides evidence based reports, latest guidelines and resources on all aspects of healthy eating, covering all ages.

www.cumbriapartnership.nhs.uk/our-services/children-families