

Patient Information

Top Tips for a Healthy Breakfast

Breakfast benefits

A healthy breakfast is the best start to the day. It can help your child concentrate at school and give them a great boost of important vitamins and minerals. Getting into a regular meal pattern will stop them snacking on less healthy food and help them to achieve a healthy weight. Try out the balanced breakfast ideas below for a great start to the day!

Balanced bowls

Step 1: Swap your high sugar cereals for healthier options. Weetabix, Shredded Wheat, Fruit and Fibre, Branflakes and Cornflakes are all good choices.

Step 2: Go for skimmed or semi-skimmed milk or low fat natural yoghurt on top.

Step 3: Add some fresh, tinned or dried fruit for extra sweetness or have a small glass of fruit juice on the side.

Top tip: Porridge and Readybrek make a great winter warmer. Go for the low sugar varieties and make it up with skimmed or semi-skimmed milk. Add in a banana for extra sweetness.

Top tip: If your child dislikes the lower sugar cereals try mixing 50:50 with a high sugar cereal e.g. Rice Krispy's mixed with Cocoa Pops or Cornflakes mixed with Frosties.

Perfect plates

Step 1: Toast makes a great start to the day especially if it's wholemeal. If wholemeal isn't popular try the high fibre white varieties like 50:50 or best of both. If you're fed up of toast why not try 2 crumpets or a savoury muffin, bagel, teacake or hot cross bun instead.

Step 2: As well as spread add a healthy topping like mashed banana, reduced fat spreading cheese, thin spread peanut butter or reduced sugar jam.

Step 3: Have a glass of milk or healthy yoghurt on the side and don't forget to add a small glass of fruit juice or a portion of tinned or fresh fruit.

Top tip: Put your teacake or hot cross bun in the microwave for 10 seconds to make it warm and delicious.

Down a drink

Don't forget to add a drink. The best options are skimmed or semi-skimmed milk, fruit juice and water. Older children might enjoy a tea or coffee, but encourage them to skip on the sugar.

Breakfasts on the run

If you're in a hurry or your children just don't have an appetite first thing in the morning encourage them to grab a healthy snack as they walk out of the door. Bananas, teacakes, fruit loaf, bagels, yoghurts, fruit pots and currant buns are quick and convenient either to munch on the way to school or to eat at break time.

Top tip: Grab a carton of fruit juice on your way out of the door for an easy one of your 5 a day.

Bonus breakfasts

Cooked breakfasts can be a great! Try these healthy suggestions when you've got time for a more relaxed start to the day.

- Boiled egg and marmite soldiers (or if you hate it just plain soldiers).
- Baked beans with grilled/microwaved mushrooms or reheated tinned mushrooms on toast.
- A thin pancake or a couple of scotch pancakes with fruit and low fat yoghurt.
- Scrambled or poached egg on toast with grilled tomatoes on the side.
- BLT sandwich made with grilled lean bacon, lettuce, tomato and a thin spread of reduced fat mayonnaise.

Top tip: Why not try making a fruit smoothie to go with your cooked breakfast? Add any fruit you enjoy (tinned, fresh or frozen) to low fat natural yoghurt and whizz it up in the blender. Don't forget to put the lid on first!!!