

#breakfast

#GrowingHealthyWestmorlandandFurness



BREAKFAST

Factsheet

This factsheet will provide you with helpful tips and links to websites about the importance of eating breakfast and making healthier breakfast choices.

TOP TIPS ABOUT BREAKFAST

Try to make time for eating breakfast as it is the best way to start your day providing all the energy you need until lunchtime. A breakfast based on carbohydrates (starchy foods) will especially 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 cereal options are the ones that contain wholegrains, such as porridge, wholewheat cereal biscuits or shredded wholegrain pillows, as these are high in fibre and will help you feel fuller for longer.

Tip 3: Choose fortified cereals as they contain extra vitamins and minerals to boost health, wellbeing.

Tip 4: Having milk or yogurt on your cereal adds calcium to your diet supporting strong bones and teeth.

Tip 5: Adding chopped fruit or a glass of unsweetened fruit juice (under 5s - dilute fruit juice with 2 parts of water to 1 of juice) to your breakfast choice will 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 vegetables, such as tomatoes, mushrooms or spinach to build up 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 porridge pot.

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 try to have a drink of water with your breakfast too.

VISIT THESE USEFUL WEBSITES

Children's Health Services 0 -19 - Healthy Lifestyles

NHS - Healthier Families - www.nhs.uk/healthier-families/

British Dietetic Assoc. - www.bda.uk.com/resource/healthy-

BBC – Tiny Happy People - www.bbc.co.uk/tiny-happy-people

If you would like any help or support to improve with your child please book an appointment in our E-School Nurse video clinic.

Telephone: 0300 304 9039

Visit our website: Growing Healthy 0-19 Westmorland & Furness

Find us on Facebook and Instagram: Growing Healthy Westmorland and Furness 0-19

You can also find more information about our service, your child's development and local services by downloading our App.



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