



Healthy
Workplace

Healthy breakfast
start the day in the
best possible way

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🌐 www.behealthyatwork.org

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Healthy breakfast



Have a healthy breakfast every day:

- Choose food lower in fat, salt and sugar
- Always include a drink to start the day well hydrated
- Choose wholegrain varieties

Try to avoid:

- Sugary cereals or cereal bars
- Sugary drinks
- Foods high in saturated fat, such as fried breakfast, pastries, and croissants

Carbohydrates

- Low salt and no added sugar muesli
- Overnight oats
- Porridge or hot oat cereal
- Shredded wheat
- Sprinkle of oats
- Toasted crumpet, English muffin or bagel
- Toasted granary or wholewheat bread
- Tortilla wrap
- Unsweetened puffed wheat
- Wheat biscuits

Protein

- Baked beans
- Chopped nuts
- Eggs (poached, scrambled, hardboiled)
- Grilled lean bacon
- Egg pancake
- Grilled vegetarian sausage
- Lean ham
- Mackerel
- Mixed seeds
- Omelette
- Pancakes
- Peanut or nut butter
- Quinoa oatmeal
- Salmon
- Sardines
- Tofu / Quorn

Dairy and alternatives

- Fortified soya milk
- Fortified soya yoghurt
- Low fat cheese
- Low fat cottage cheese
- Low fat soft cream cheese
- Low fat fromage frais
- Low fat greek yoghurt
- Low fat natural yoghurt
- Semi-skimmed or skimmed milk
- Unsweetened almond milk

Fruit and vegetables

- 150ml pure fruit juice
- Asparagus
- Avocado
- Banana
- Blackberries
- Blueberries
- Dried fruit
- Fresh fruit salad
- Frozen mixed berries
- Grapefruit
- Grapes
- Grilled or tinned tomatoes
- Kiwi fruit
- Mango chunks
- Melon slices
- Mushrooms
- Nectarine, plum or pear
- Orange, Satsuma or Clementine
- Pineapple chunks
- Peach
- Raisins/sultanas
- Raspberries
- Spinach
- Strawberries
- Tinned fruit in natural juice
- Warm fruit