



**SUGAR  
SMART**

# Healthy breakfast



Healthy  
Under 5s

## Healthy Cornwall

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# Healthy breakfast



## Have a healthy breakfast every day:

- Try to have a different breakfast every day
- 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

- Wholemeal or white bread
- Toasted English muffin
- Granary bread
- Wheat biscuits
- Low salt and sugar muesli
- Crumpet or bagel
- Porridge or hot oat cereal
- Shredded wheat
- Wheat puffs
- Sprinkle of oats
- Tortilla wrap

## Protein

- Sardines
- Smooth peanut butter
- Grilled lean bacon
- Baked beans
- Egg pancake
- Grilled vegetarian sausage
- Omelette with berries
- A slice of lean ham
- Eggs (poached, scrambled, hardboiled)

## Dairy and alternatives

- Whole or semi-skimmed milk
- Full fat natural/ Greek yoghurt
- Full fat fromage frais
- Cheese slice
- Full fat cream cheese
- Full fat cottage cheese
- Fortified soya milk

## Fruit and vegetables

- Grapes cut into quarters
- Banana
- Mushrooms
- Fresh berries
- Apple slices
- Fresh fruit smoothie
- Grapefruit
- Tinned peaches in juice
- Spinach
- Asparagus
- Dried fruit
- Grilled or tinned tomatoes
- Melon slices
- Pure fruit juice diluted
- Avocado
- Sliced orange
- Kiwi
- Mango
- Raisins
- Warm fruit