



Healthy Workplace

Healthy breakfast
start the day in the
best possible way

✉ healthy.workplace@cornwall.gov.uk

🌐 www.behealthyatwork.org

Healthy Cornwall, Basset Centre,
Basset Road, Camborne TR14 8SL

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



Healthy Workplace

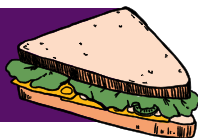
Healthy lunch
boost your productivity
at work and take your
lunch break

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Healthy lunch



Try to avoid:

- Items with pastry
- Sugary drinks
- Crisps, sweets, cake, biscuits and chocolate

Choose an item of food from each section

- Choose foods lower in fat, salt and sugars

Carbohydrates

- Bulgar wheat
- Cous cous
- Crackerbread
- Flat bread
- Granary or wholemeal bread
- Oatcakes
- Noodles
- Plain rice cakes
- Potatoes
- Rye crackers
- Toasted crumpet, English muffin or bagel
- Tortilla wrap
- Wholemeal bread roll
- Wholemeal pasta
- Wholemeal pitta bread
- Wholemeal rice

Protein

- Baked beans
- Chickpeas / Kidney beans
- Eggs (poached, scrambled, hardboiled)
- Falafel
- Houmous
- Lentils
- Mackerel
- Mixed bean salad
- Mixed seeds/nuts
- Prawns
- Quiche
- Quinoa
- Salmon or tuna
- Sardines
- Slices of lean meat
- Tofu / Quorn

Dairy and alternatives

- Fortified soya yoghurt
- Low fat cheese
- Low fat cottage cheese
- Low fat fromage frais
- Low fat greek yoghurt
- Low fat natural yoghurt
- Low fat rice pudding
- Low fat soft cream cheese

Fruit and vegetables

- Apple
- Assorted salad leaves
- Avocado
- Baby sweetcorn
- Banana
- Beetroot
- Blackberries
- Blueberries
- Carrot
- Celery
- Cucumber
- Fresh fruit salad
- Grapes
- Guacamole
- Kiwi fruit
- Mange tout
- Mango, melon or pineapple
- Mushrooms
- Nectarine, plum or pear
- Olives
- Orange, clementine or satsuma
- Peach
- Pepper
- Raisins / sultanas
- Raspberries
- Raw / steamed broccoli or cauliflower florets
- Roasted vegetables
- Spinach, watercress, rocket
- Strawberries
- Sugar snap peas
- Tinned fruit in natural juice
- Tinned sweetcorn
- Tomato salsa
- Tomatoes



Healthy Workplace

Healthy snacks
reach for these instead of
sugar for a pick me up

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Healthy snacks



■ Choose foods lower in fat, salt and sugars

Try to avoid:

■ Sugary drinks

■ Crisps, sweets, cake, biscuits and chocolate

Carbohydrates

- Breadsticks
- Corn crackers
- Crackerbread
- Crackers
- Oatcakes
- Plain popcorn
- Plain rice cakes
- Rye crackers
- Toasted crumpet, English muffin or bagel

Protein

- Hard boiled egg
- Houmous
- Mini omelette
- Mixed seeds/nuts
- Peanut or nut butter
- Salmon, tuna or sardines
- Slices of lean meat
- Tofu/Quorn

Dairy and alternatives

- Fortified soya yoghurt
- Low fat cheese
- Mini Babybel light
- Low fat cottage cheese
- Low fat fromage frais
- Low fat greek yoghurt
- Low fat natural yoghurt
- Low fat rice pudding
- Low fat soft cream cheese

Fruit and vegetables

- Apple
- Avacado
- Baby sweetcorn
- Banana
- Blackberries
- Blueberries
- Carrot sticks
- Celery sticks
- Cherry tomatoes
- Cucumber sticks
- Dried fruit
- Fresh fruit salad
- Grapes
- Guacamole
- Kiwi fruit
- Mange tout
- Mango, melon or pineapple
- Nectarine, plum or pear
- Olives
- Orange, satsuma or clementine
- Pepper sticks
- Raisins/sultanas
- Raspberries
- Raw / steamed broccoli or cauliflower
- Strawberries
- Sugar snap peas
- Tinned fruit in natural juice
- Tomato salsa