



FOOD IDEAS FOR A HEALTHY BREAKFAST

Hosting a healthy breakfast easy with the below healthy breakfast ideas. Contact local businesses about providing healthy food/drinks or other items for your breakfast if holding a community event. If people are bringing their own food/drink provide them with the following healthy breakfast ideas.

Organisers may like to bring toasters, blenders, camping stoves etc for participants to use to prepare their meals.

Don't forget to carry food items in an insulated container like an esky or cooler bag to keep food safe.

FRESH FRUIT

- Fresh fruit – choose fruits in season and either serve whole or on a platter
- Tinned fruit in natural juice
- Dried fruit
- Fruit juice (choose 100% fruit varieties)

BREAD

- Wholegrain or wholemeal bread, rolls, wraps, English muffins, crumpets
- Fruit and/or nut bread
- Polyunsaturated or monounsaturated margarine spreads or reduced fat dairy spreads if required

TOAST TOPPERS

- Grilled mushrooms and tomatoes
- Reduced fat ricotta cheese
- Avocado
- Baked beans
- Banana and peanut butter
- Canned spaghetti
- Boiled or poached egg

BREAKFAST CEREALS

- Wholegrain cereal options
- Bircher muesli
- Muesli (un-toasted)
- Top with reduced fat milk, yoghurt and fresh fruit

COOKED BREAKFAST

- Poached or boiled eggs on wholegrain toast with a glass of fruit juice.
- An omelette made with vegetables such as onion, mushrooms, spinach and tomato
- Wholemeal muffins topped with tomato and low fat melted cheese
- Pancakes topped with fruit and yoghurt

BREAKFAST COMBO IDEAS

- A bowl of wholegrain cereal with reduced fat milk and sliced fresh fruit
- A delicious smoothie made from reduced fat milk, fresh fruit, yoghurt and honey
- Fresh fruit and yoghurt with some wholegrain toast
- Bircher muesli with a variety of fruits and nuts added
- Raisin toast spread with ricotta cheese, and a piece of fruit like sliced banana or a sliced apple

Would you like to find out more about healthy eating? Visit www.healthyweightweek.com.au

Eat *better*, feel *better*, move more **NOW!**

Australia's Healthy Weight Week is brought to you by the Dietitians Association of Australia and our Accredited Practising Dietitian members

