



Take 10 for breakfast

- 1. Eat breakfast every day**
Research shows that people who eat breakfast are a healthier weight and have more nutritious diets than people who skip breakfast.
- 2. Perform better with breakfast**
Eating a healthy breakfast helps to improve alertness, concentration, mental performance and memory.
- 3. Give kids a head start in the morning**
With as many as one in four children going to school hungry, a nutritious breakfast is the best way for kids to start the day. Children who skip breakfast are more likely to eat less nutritious food during the day and are more likely to be overweight than children who eat breakfast.
- 4. Make the right start to your day**
A healthy breakfast is one which provides a variety of foods, is low in saturated fat, high in carbohydrates, contains fibre and provides vitamins and minerals. Try high fibre breakfast cereal, wholegrain toast, crumpets or muffins, fruit loaf, fruit and yoghurt or a fruit smoothie.
- 5. Make breakfast on the run count**
If you are in a hurry, try a fruit smoothie by blending fresh, tinned or frozen fruit with low fat milk and yoghurt or grab a glass of milk and a piece of fruit.
- 6. Choose wholegrain cereal for energy that lasts**
Wholegrain breakfast cereal with low fat milk or yoghurt and some fruit provides many important nutrients including dietary fibre, carbohydrate, protein, calcium, B and C vitamins and iron. This is a quick and nutritious way to start the day and provides energy that will last throughout the morning.
- 7. Add vegetables for a nutritious and delicious cooked breakfast**
Most people don't eat enough vegetables. Add some cooked tomatoes, mushrooms, asparagus or spinach to boiled or poached eggs and serve with a slice of wholegrain toast for an ultra healthy cooked breakfast.
- 8. Choose fruit instead of juice**
Replacing fruit juice with a piece of fruit is a great way to eat more dietary fibre, less sugar and feel full for longer. Why not top your morning porridge with some grated apple?
- 9. Delay rather than skip breakfast if you are not hungry in the morning**
Many people say they don't feel hungry in the morning and don't want to eat breakfast. Try keeping cereal or bread at work so that you can eat a healthy breakfast at your desk rather than snacking on less nutritious foods during the morning.
- 10. Get the right support**
An Accredited Practising Dietitian (APD) is your diet coach – providing you with individual, expert advice to help you achieve your goals. Visit the 'Find an APD' section of the Australia's Healthy Weight Week website at www.healthyweightweek.com.au to find an APD in your area.

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

