



foodwise

A Good Brekkie

FACT Eating breakfast gives you the best start to your day. Breakfast helps you to maintain a healthy body weight.

Is breakfast really that important?

Yes, breakfast gives you energy to work and play. It improves your memory, attention, concentration and mood and boosts your intake of calcium, fibre and iron.



Make time for breakfast

Eating breakfast is a habit. Five minutes is all it takes to have a quick bite to eat. If you don't have time or 'can't stomach it' try having breakfast on your way to school or work.

Plan ahead so that you have all the foods you need for a good breakfast every day.



What goes into a good breakfast?

Try to include:

- Wholemeal or wholegrain breads and cereals
- Protein, e.g. dairy products, eggs, baked beans
- Fruit or vegetables.



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Quick start brekkies

- Wholegrain cereal with milk
- Porridge
- Wholegrain toast/English muffin/raisin toast/bagel/crumpets with toast topper
- Left over rice, noodle and egg dishes
- Toasted cheese and tomato sandwich.



On the run options

- Fruit and yoghurt
- Breakfast drinks, e.g. Up & Go™
- Wholegrain crackers and cheese
- Cold, hard boiled egg
- Low fat fruit muffin
- Fruit smoothie or drinking yoghurt.



Toast toppers

- Sliced banana and honey
- Peanut butter or Vegemite™
- Cream cheese
- Sliced tomato
- Avocado
- Baked beans
- Scrambled eggs.



Weekend brekkie

- French toast with fruit
- Cheese and tomato omelette
- Eggs, mushrooms and grilled tomato on toast
- Pancakes with fruit and yoghurt
- Corn fritters
- Bircher muesli.



Where can I find out more information?

HERE ARE 3 WAYS:

1. **TALK** to your GP

2. **MAKE A FREE APPOINTMENT** with an ACT Health Community Dietitian by phoning **6207 9977**

3. **CHECK OUT** more Foodwise factsheets at www.health.act.gov.au

