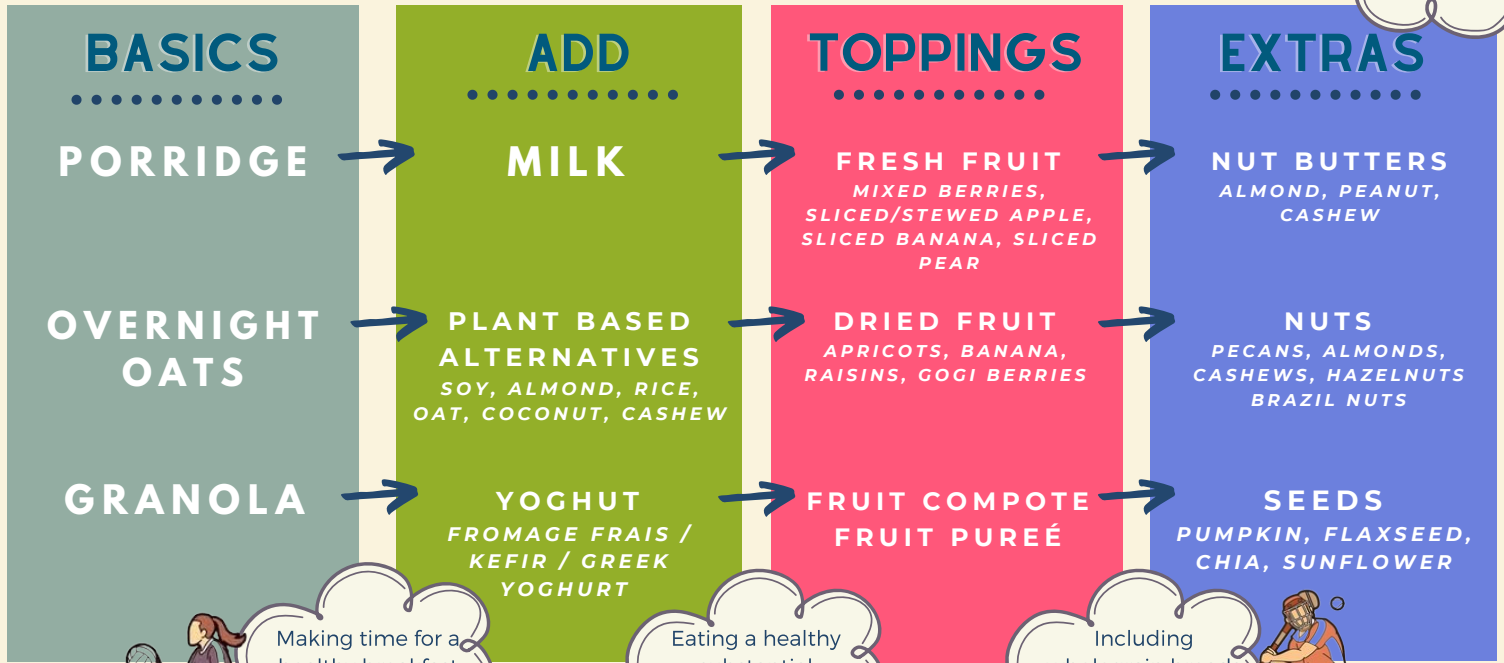




All of the additions, toppings and extras below can be mixed up to help keep your breakfast exciting

BOOST YOUR BREAKFAST



Making time for a healthy breakfast will help boost your energy levels and alertness

Eating a healthy substantial breakfast will help to reduce snacking throughout the day

Including wholegrain breads and cereals will keep you feeling fuller for longer

WHOLEGRAINS

MILK & YOGHURTS

FRUIT

NUTS & SEEDS

Carbohydrates
Dietary Fibre
B Vitamins

Calcium
Protein
Iodine
Potassium
Phosphorous

Fibre
Vitamins
Minerals
Antioxidants

Protein
Omega 3 & 6
Fibre
Unsaturated Fats

MIX IT UP

Pancakes with fresh fruit / fruit compote, natural yoghurt and honey

Wholegrain toast/bagel with cream cheese, avocado /smoked salmon

Wholegrain toast/ bread with eggs (scrambled/ fried/ poached)

Fresh/ frozen fruit smoothie or shake

