



## The Challenge

Have a healthy breakfast every day – go for wholegrain or other higher fibre foods, include a drink and at least one of your 5 A DAY!

### Why is it important to have breakfast?

- Breakfast helps get the day off to a good start by providing some of the energy and nutrients the body needs for good health (e.g. starchy carbohydrates, fibre, B vitamins, calcium and iron).
- Breakfast is a great opportunity to get at least one of your 5 A DAY.
- Having breakfast, particularly one which includes protein, may help you to stave off hunger and reduce snacking on less healthy foods.

### What makes a healthy breakfast?

- Choose wholegrain (e.g. porridge, wholegrain breakfast cereals with no added sugar, wholegrain breads) and other higher fibre (e.g. wholemeal bread) varieties of starchy foods.
- Include at least one of your 5 A DAY (e.g. chopped banana, a handful of berries, grilled tomatoes or mushrooms).
- You could include dairy foods (e.g. milk, yogurt) or calcium-fortified non-dairy

alternatives (e.g. soya drinks). Choose lower fat and no added sugar options.

- You could include a source of protein (e.g. eggs, beans, kippers, nuts).
- Always include a drink so you start the day hydrated – water, unsweetened tea and coffee, and lower fat milk are good choices. 100% fruit juices and smoothies count towards one of your 5 A DAY, but should be limited to a combined maximum of 150ml per day.

As well as eating the right type of foods and drinks at breakfast, it's important to eat the right amounts!

Here are some examples of sensible portion sizes:

- ✱ 3 handfuls of flaked breakfast cereal (3.3g fibre) or muesli (4.2g fibre)
- ✱ 1½ handfuls of dry porridge oats (3.5g fibre)
- ✱ About half a glass of semi-skimmed milk or unsweetened milk alternatives on cereal
- ✱ 2 pieces of medium-sliced wholemeal bread (5.6g fibre)
- ✱ 2 hard-boiled eggs
- ✱ About 1 tablespoon of peanut butter (1.6g fibre)
- ✱ ½ standard can of baked beans (9.8g fibre)
- ✱ 4 tablespoons of plain, low-fat yogurt

To find out more about portions sizes, take a look at the BNF 'Find your balance' guide <https://bit.ly/2FywMF4>

Some of these foods can help you on your way to your 30g of fibre a day!



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## The Super Challenge

Have a different wholegrain or other higher fibre food at breakfast, plus at least one of your 5 A DAY, every day for a week!