



What should you be eating for breakfast?

- Aim to have a high protein and healthy fat based option as that gives you longer lasting energy.
- Have a range of options that you like so you add variety and therefore add a broad range of nutrients to your diet
- Make sure your volume is right. Breakfast bowls are huge these days, so it is very easy to half fill a bowl, but actually have 2 or 3 portions in that half bowl
- Remember to only eat until you are no longer hungry, not full
- Look at easy ways to make your favourite options healthier

Natural Greek Yoghurt Normal rather than low fat, as that usually means they have added sugar to add flavour. Mix it with seeds, nuts, fruit etc for a yummy flailing breakfast	Eggs Great source of protein and will keep you filled up until lunch. Cholesterol worry is not a concern any more - scrambled, omelettes, poaches, muffins etc	Fruit Fruit has sugar, but unprocessed sugar, which has a different effect on the body. Great source of nutrients & gives you an energy burst
Nuts Good source of healthy fats, that will help you feel fuller than other foods, and also tell your brain that the food was tasty	Drink Sounds silly but how many of us forget to drink enough first thing in a morning. Tea, especially herbal or green tea is a yummy, healthy option, other wise water with some lemon or plain fruit added to give it a bit of flavour.	Oats Whether it is porridge, oats and yoghurt or in a smoothie, oats can be a great choice. Just make sure you measure out what a portion should be as easy to add too much
Berries Power antioxidants, in fact, wild blueberries, in particular, have one of the highest concentrations of the powerful antioxidants known as anthocyanins. Also good to boost your memory and regulate your metabolism	Fruit Juice If you want a juice in the morning, stick with a very small glass of orange juice or cranberry juice. OJ is best as a shop bought version where it has been fortified with Vitamin D, which is hard to get enough of in the UK due to our weather.	Nut Butters or Butter Avoid the margarine!! Choose a nut butter or even butter. Because it is less processed and not structurally manufactured, it is a good source of fat
Seeds As well as being a good source of fibre and Omega 3, seeds have some amazing health benefits, from antioxidants, anti inflammatory properties etc. I love flax and chia seeds, but pumpkin, sunflower and many other are great options to add to muffins or yoghurt etc	Cereals If you are a cereal fan, you don't need to avoid it all together, just use it one of your breakfast menu options, not everyday. Choose whole-grain or bran based option that is very low in sugar. Or make your own granola using nuts, seeds and oats etc	Greens Did you know that we are rely actually supposed to eat 7 portion of vegetables a day to get our recommended intake? Greens can be sneaked in in smoothies, or mixed into an omelette.
Milk Why not try out some different milks - almond and coconut milks have great health benefits. However that doesn't mean avoid cows milk altogether as it is a great source of dairy	Beans You can make your own baked beans using beans and tomatoes, or add some to your omelettes or muffins	Bread Again, you don't need to avoid bread all the time, use it as weekend treat. Opt for whole wheat, sourdough or rye bread for a healthier, longer lasting source of energy and nutrients