



Favourite fruit topped with unsweetened yogurt.



Quick Breakfast Ideas

Lower Sugar Fruit Options

Raspberries Plums
Watermelon
Peaches
Blackberries Avocados
Strawberries



Porridge

Choose whole rolled oats or overnight oats rather than sachets of porridge. (1 portion of oats = 50g)

Try and avoid those with added sugars like honey and golden syrup.

! Skipping breakfast is associated with increased weight, as it can cause you to eat more, later on in the day. !
Ensure you make time for breakfast every day.

Eggy Bread

Poached

Fried

Scrambled

Boiled

Eggs



Glass of milk

Skimmed or semi-skimmed (200ml)

Flavoured with a little cinnamon.





Seeded or multigrain toast with your favourite low sugar topping e.g. yeast extract spread or peanut butter.



If you are making rotis and chapattis, use wholewheat flour.

Switch from white toast to wholegrain versions like seeded batch bread, multi-seed, granary, soya and linseed.

Homemade Milkshakes

Made with fruit and whole porridge oats added to milk (skimmed or semi-skimmed) and/or natural or greek yogurt, all blended in a liquidiser.



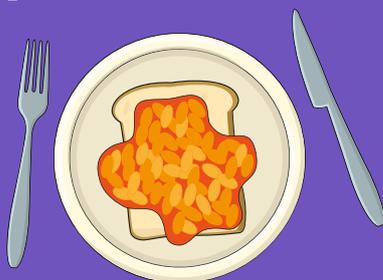
Wheat biscuits - 1 portion is 2 biscuits

Shredded wheat or muesli (with no added sugar) are also great alternatives.

For sweetness, add frozen berries or chopped fruit.

Beans

One portion is half a tin



On one slice of seeded/multigrain toast.



1 small pot (115g) Greek or natural yogurt, or fromage frais.



You can add fresh fruit and half a handful of nuts, or seeds for some extra flavour and crunch and it will help to keep you feeling full.