

Breakfast

Breakfast is the most important meal of the day! Our breakfasts should be balanced and made up of different sections of the Eatwell Guide.

Balanced breakfast ideas



Yoghurt
and fruit



Egg
on toast



Porridge
and fruit



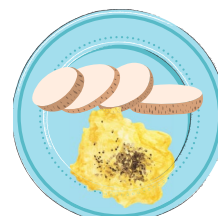
Bagel with
cream cheese



Beans or
spaghetti hoops
on toast



Banana and
cereal (have less
sugary cereals)



Yam
and egg

Breakfast drink ideas



A glass
of milk



Small glass of
orange juice



Breakfast
smoothie



Water

