Start the day right with breakfast

A nutritious breakfast doesn't have to take a long time to prepare or eat. Even if you don't feel hungry, skipping breakfast or only having a cup of coffee or tea can cause a dip in energy levels by mid-morning. A balanced breakfast contains protein, carbohydrate and colour. Rotating a few breakfast options can help keep your morning meal interesting and more enjoyable.

Try these quick and easy breakfast ideas

Choose high fibre, wholegrain cereals like oats or bran flakes.

Add colour and fibre to an omelette with vegetables and wholegrain toast.

Not only are baked beans high in protein and fibre, they are a great way to get vegetables into your breakfast meal.

Eggs are high in protein and will keep you feeling satisfied. Boiled eggs can be kept refrigerated for 2-3 days.

Reduced fat yoghurt sprinkled with muesli and topped with fruit is quick protein and calcium rich choice.

Blend 2 wheat biscuits with reduced fat milk and fruit for a healthy liquid breakfast.

Porridge made with reduced fat milk can be made in the microwave if short on time.

Feeling short on time in the morning?

Keep a supply of breakfast items at school that have a long shelf life so that you don't miss out on this important meal.

Try keeping these at work:

- Porridge oats
- Fruit (dried, tinned or frozen)
- Wholegrain cereals
- Wholegrain bread (freeze bread and defrost as needed)
- Baked beans

What does a balanced breakfast look like?

Protein + Carbohydrate + Colour

Start with a **Protein**
- Eggs
- Baked beans
- Reduced fat yoghurt, milk and cheese
- Lean meat

Add a **Carbohydrate**
- Wholegrain bread varieties
- Fruit toast
- Wholegrain cereals and oats
- Baked beans

Top it off with **Colour**
- Fruit (fresh, tinned, dried)
- Vegetables such as tomatoes, spinach, mushroom, baked beans