

# WHAT'S FOR BREAKFAST?

## 6 RAD REASONS TO EAT BREAKFAST

1

IMPROVES  
CONCENTRATION  
& MEMORY RECALL

2

RECHARGES YOUR  
BODY AFTER A  
LONG SLEEP

3

HELPS YOU FEEL HAPPIER  
IN THE MORNING

4

CONTROLS APPETITE  
& AFTERNOON  
SNACKING

5

PROVIDES ESSENTIAL  
ENERGY, FIBRE &  
NUTRIENTS

6

LOWER RISK OF  
OBESITY & OTHER  
HEALTH PROBLEMS



### TRY THESE BRILL BREAKFAST IDEAS

BAKED BEANS & TOMATO  
SLICES ON BROWN TOAST

PLAIN PORRIDGE WITH MILK &  
MASHED UP STRAWBERRIES

SHREDDED WHEAT IN PLAIN  
YOGHURT WITH BLUEBERRIES

WHOLEGRAIN CRACKERS WITH  
CHEESE & GRAPES

WHAT  
DRINKS ARE  
**BEST** AT  
BREAKFAST?

## 3 EASY STEPS

### TO A BALANCED BREAKFAST

USE THE 3 OUT OF 5  
MODEL TO EAT A HEALTHY  
BALANCED BREAKFAST  
EVERYDAY!

SMALL GLASS  
OF FRUIT JUICE

HERBAL TEA

WATER

MILK



GRAINS, BREAD, CEREALS

+ VEGETABLES OR FRUITS

+ MILK PRODUCTS OR BEANS, NUTS

FOLLOW THIS EQUATION AND CHOOSE ONE FOOD FROM EACH