

USEFUL FACTS

Breakfast

Why Breakfast?

- The first real food of the day always tastes best especially if it is nutritious, appetising and attractive, and simple and easy to prepare.
- Breakfast refuels your body when you have been fasting since the night before.
- Breakfast provides energy and keeps you mentally alert during the morning.
- The biggest problem with skipping breakfast is that you will feel "empty" by mid-morning and select foods that are high in calories, fat and sugar.
- There is no rule to say that you have to eat something as soon as you get up. You can always eat something a little later at work, such as a bread roll and fruit.

Ideas for Breakfast

Breakfast is a great incentive to get out of bed in the morning or it's a delicious refuelling stop after your first training session of the day. Either way, high-carbohydrate, low-fat eating is easily found in breakfast menus that range from quick and portable to relaxed and exotic.

- Breakfast cereals - especially wholegrain types
- Porridge or oatmeal
- Bircher muesli (see recipe)
- Reduced fat fruit yoghurt
- Fruit dairy snack or fromage fraise
- Fresh fruit or canned fruit
- Toast, muffins or crumpets with Jam, Honey or Vegemite
- Fruit Juice
- Skim milk hot chocolate

For a Hot Breakfast

- Porridge or oatmeal
- Pancakes or waffles
- Baked beans, spaghetti or creamed corn on toast
- Omelette or scrambled eggs on toast

Something Quick or to Eat on the Move

- A fuel-packed smoothie
- Fruit
- Carton of yoghurt or fruit dairy snack
- Breakfast cereal bar
- Fruit muffin (but watch the fat content!)

Bircher Muesli

Ingredients

2 cups oats
200g carton reduced fat berry flavoured yoghurt
150 ml (½ cup) low fat milk
½ cup sultanas
150 ml (½ cup) orange juice
Punnet of strawberries (½ can boysenberries optional)

Method

Soak oats overnight with berry flavoured yoghurt, low fat milk, sultanas and orange juice. Before serving, cut strawberries or other berries and stir through. Sprinkle with slivered almonds.

It is recommended that New Zealand adults eat at least 6 servings everyday!

One serving =

- 1 muffin (80g)
- 1 medium slice of bread
- 1 cup of Special K
- ½ cup of muesli
- 1 cup of cooked porridge
- 2 Oat bran Weetbix

Try to eat a variety of foods including bread or breakfast cereal, milk or yoghurt, and fruit or vegetables. These foods will give you enough energy, fibre, vitamins and minerals to start the day.

Bright Tip!

Instead of bread, try muffins, crumpets, pancakes or waffles!