BREAKFAST
THE BEST WAY TO START YOUR DAY!

Breakfast is the first meal after the longest period of sleep, eaten within the first 3 hours of waking. It consists of a food from at least one food group but excludes a beverage such as coffee or tea.

EATING BREAKFAST REGULARLY HAS MANY HEALTH BENEFITS

• Forms part of a healthy lifestyle
• Can provide important nutrients such as fibre, vitamins and minerals
• Contributes to healthy eating choices throughout the day
• Helps to achieve and maintain a healthy body weight
• Helps to prevent type 2 diabetes, heart disease and high blood pressure
• Improves learners’ alertness, mood, academic scores and class behaviour

GET INTO THE HABIT OF HAVING BREAKFAST EVERY DAY

• Start with two mornings a week and gradually increase it over time
• Wake up 15 minutes earlier
• Have something small if you’re not hungry

PREPARE AND ENJOY BREAKFAST TOGETHER AS A FAMILY

• Schedule a specific time for having breakfast together
• Involve children of all ages in planning, shopping and preparing meals
• Turn off distractions like the TV, computer, tablets and phones during mealtimes

PLAN AHEAD TO HAVE A HEALTHY BREAKFAST EVERY DAY

• Stick to meal plans and a food budget
• Save money – shop smart!
• Choose healthier options when buying food
• Save time – prepare breakfast the night before

WHAT ARE HEALTHY BREAKFASTS?

INCLUDE FOODS FROM AT LEAST ONE OR MORE OF THE FOLLOWING FOOD GROUPS

- Minimally processed starchy foods
- Vegetables and fruit
- Dry beans, lentils, split peas, soya
- Fish, chicken, lean meat or eggs
- Milk, maas or yoghurt
- Plant oils, soft margarine, peanut butter
- Drink clean safe water instead of a sugary drink

FOR MORE INFORMATION VISIT WWW.NUTRITIONWEEK.CO.ZA