

What can a balanced breakfast look like?

Having a balanced breakfast sets the tone for the day. Without a balanced breakfast, students can feel too hungry, or have a sugar crash and not be able to concentrate in class until after lunchtime. It's important to have a nutritious breakfast to fuel learning and to provide energy. **Use wholegrain rolled oats, whole meal bread / pittas/ bagels where possible for added fiber!**

Breakfast ideas:

- Cream cheese bagel with sliced bananas / tomatoes/ cucumbers/ strawberries etc.
- Slice (s) of whole meal bread with margarine or cream cheese
- Overnight oats with fruit
- Porridge
- Breakfast smoothie with oats, fruit and Greek yogurt
- Greek yogurt pots (Greek yogurt topped with fruits in a paper cup)
- Egg muffins with cheese, onions and tomatoes
- Weetabix
- Breakfast wraps - containing cream cheese & cucumbers
- Smashed avocado on a bagel
- Low sugar cereal with milk

Include a portion of fruit / vegetables

- Carrot sticks
 - Cucumber sticks
 - Cherry tomatoes
 - Spinach
 - Berries
 - Bananas
 - Apples
 - Oranges
 - Watermelon
 - Pears
 - Grapes
 - Kiwi
 - Bell peppers
 - Avocados
- + a glass of water or milk
(try adding lemons, cucumbers or mint to water)

Tips:

- Any fruit or vegetables used can be canned (in water, not syrup) or frozen! All counts towards 5 a day and are still nutritious.
- When serving and using yogurt, you want to use plain yogurt, rather than fruit or chocolate flavoured. These contain too much sugar and sweeteners.
- Look out for the sugar content in cereals. If the nutritional label is red, it's too high. Ideally you want the colour to be green.



Ideally you want a source of carbohydrates + protein + fruit/ vegetables + source of dairy at breakfast.

