

Breakfast Time

Many people skip breakfast because they think it will help them lose weight. This can actually have the opposite effect and lead to gaining weight in the long term! Eating breakfast helps your brain work properly, which is very important to prepare for a long day at work or school. It also makes it easier for you to follow a healthy eating pattern for the rest of the day by making you less likely to crave sweets or junk food before lunch.

Breakfast is one of the easiest meals of the day to prepare and there are lots of tasty things you can eat at breakfast time. Don't get bored with the same old breakfast – try different foods and combinations each day.

- Toasted Raisin bread with a thin scrape of margarine
- Wholegrain toast with a thin scrape of honey or ricotta cheese and sliced banana
- Crumpets or English Muffins with sliced tomato or a thin scrape of honey, jam or vegemite
- Chopped fresh or tinned fruit (in natural juice) with a small tub of low fat yoghurt
- Frozen fruit – try banana, rockmelon, grapes, oranges, watermelon & strawberries
- Wrap a banana in wholemeal bread or fruit bread.
- Small can of baked beans on wholegrain toast
- Toasted sandwich: Try fillings such as sliced banana, tinned apple with a sprinkling of cinnamon or baked beans.
- Low fat fruit smoothies
 - Banana smoothie: blend ½ banana and 1 cup of low fat or skim milk
 - Fruit and yoghurt smoothie: blend ½ cup low fat fruit yoghurt, ½ cup low fat milk and ½ cup canned fruit in natural juice
- Vegetable pikelets: mix 1 cup of flour, 1 egg and 1 cup of milk with grated leftover carrot and zucchini, then fry in a non-stick pan sprayed with vegetable oil
- Pizza Muffins: top wholemeal or multigrain muffins with tomato paste and slices of tomato, capsicum, grated carrot, pineapple and a sprinkle of low fat grated cheese, then grill until cheese is melted
- Homemade Muesli: combine 1 cup rolled oats, 1 cup processed bran, ½ cup wheatgerm, ½ cup rice bran, ½ cup sultanas, ½ cup dried apricots and 1 cup of dried fruit medley
- Cook porridge according to the directions on the packet and add some dried fruit such as sultanas or apricots
- Low fat and sugar, high fibre breakfast cereal served with chopped fresh or tinned fruit and low fat milk. Some good cereal choices are listed below. Those in **bold** type are more slowly digested (low GI) and are excellent choices:
 - **Porridge**
 - Just Right[®]
 - Mini-wheats[®]
 - Sustain[®]
 - Shredded Wheat
 - Puffed Wheat
 - **All Bran[®] & All Bran[®] Fruit & Oats**
 - Sultana Bran
 - Uncle Tobys Oat Flakes[®]
 - Vita-brits[®]
 - Uncle Tobys Vita Weeties[™]
 - Fruity Bix[®]
 - Sanitarium Light 'n Tasty[®]
 - Lite-Bix[®]
 - **Natural muesli**
 - **Guardian[®]**
 - Lowan Whole Foods Multiflakes[®]
 - Healthwise[®] for bowel health/**for heart health**
 - Uncle Tobys Plus[™] varieties
 - Weetbix[®] plain and other varieties
 - A mixed blend of any of these cereals