



# 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

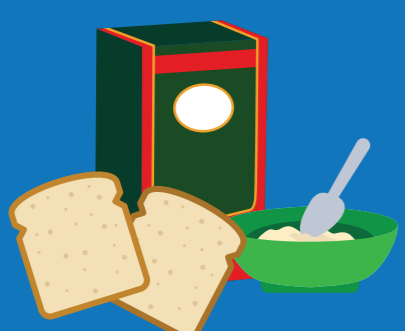


## PLAN AHEAD TO HAVE A HEALTHY BREAKFAST EVERY DAY

- 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?

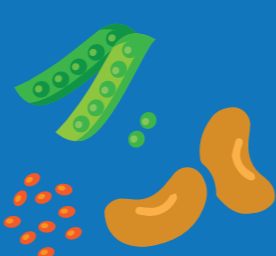
INCLUDE FOODS FROM AT LEAST ONE OR MORE OF THE FOLLOWING FOOD GROUPS



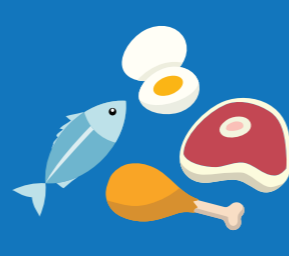
Minimally processed starchy foods



Vegetables or 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](http://WWW.NUTRITIONWEEK.CO.ZA)