Blast off with breakfast

Have you heard the saying 'breakfast is the most important meal of the day'? Well, it's not wrong. Breakfast...

- Gives you energy for your day
- Breaks your overnight fast
- Kickstarts your metabolism
- Improves your concentration and memory
- Makes it easier to make healthy food choices
- Helps you to meet daily nutrient needs

Breakfast is the most important meal of the day

Quick and easy breakfast ideas

- Tub of reduced fat yoghurt
- A piece of fruit
- Chia pudding or overnight oats
- Slice frittata or mini frittata
- Toasted sandwich
- Smoothie
- Slice of toast
- Wholemeal roti
- Congee (rice porridge) in a thermos
- Trail mix or homemade muesli bar

Struggling to have breakfast? Here are some things to try.

Don't have time or can't be bothered in the morning.

- Prepare something the night before.
- Wake up 10 minutes earlier to make time for breakfast.
- Choose options that are quick and easy to prepare, like toast or a smoothie.
- Plan what you're going to have for breakfast at the start of the week and prepare it in bulk, like overnight oats!
- If you really don't have time for breakfast, make sure to have a filling morning tea!

Don't know what to have.

- Ask friends and family what they enjoy.
- See what's available at the supermarket.
- Think about the foods you or your family enjoy eating and add some fruit and vegetables to it.
- Start with something simple such as toast can be sweet, savoury or plain!
- Don't limit yourself to typical 'breakfast' foods.

Not hungry in the morning.

- Take the time to stop and listen to your hunger cues. Is your tummy grumbling?
- Try to eat a breakfast meal at the table without distractions.
- Try not to have coffee, juice or milk first thing in the morning. This could be filling you up instead!
- Really not hungry? It's okay, some people just aren't hungry in the morning! Eat your first meal of the day as soon as you start to feel hungry but, don't wait until you're starving. It might be at morning tea!