

- Breakfast cereal with either ice-cold or hot milk. For less fat but the same amount of calcium use semi-skimmed or skimmed milk.

Try uncoated wholegrain cereals like:

- Weetabix;
- Bran Flakes;
- Shredded Wheat;
- Weetaflakes;
- Muesli;
- Fruit and Fibre;
- All Bran.

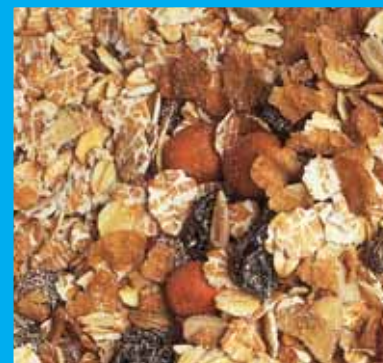
- Try porridge made with semi-skimmed or skimmed milk for a hot, tasty change - it's easy and very quick if you have a microwave.

- Add fresh, dried or tinned fruit to breakfast cereal, eg sliced banana, sultanas, raisins or tinned peaches.

- A small glass of orange or grapefruit juice will provide all the vitamin C you need for one day.

- Chopped fresh fruit or fruit salad with low fat yogurt.

• If you enjoy a cooked breakfast occasionally remember that the traditional Ulster fry can be made lower in fat by grilling the bacon, tomato and mushrooms, poaching the egg and grilling or toasting the potato bread and soda or wheaten farl.



Take a new look at fibre!

Breakfast



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Best way to start the day

Breakfast is probably the most important meal of the day. Yet around one in five people don't bother with it!

- Eating breakfast sets you up for the day. It is needed to replace the energy your body uses while sleeping.

- Research shows that people who don't eat breakfast don't perform so well at work or school during the morning.

- Research also shows that skipping breakfast can mean you miss out on essential vitamins and minerals.

- Breakfast is an easy time to eat foods rich in fibre. Check out *What a choice!* opposite.

- Eating a breakfast rich in fibre helps prevent hunger pangs mid-morning. This means you're less likely to want to snack on foods high in fat and sugar.

Wake up to breakfast

- If you eat a lot last thing at night, you may not want breakfast in the morning.
- It's much better to eat something small at bedtime - or nothing at all if you're not hungry. This allows your body to rest overnight, and you'll feel ready for breakfast.
- If you haven't taken breakfast for years, give yourself time to adjust to the change - you'll feel better for it!

Time for a healthy choice

Although time can be short in the morning, a bowl of cereal or a slice of hot toast and a drink take only a few minutes.

A weight off your mind

- Don't be tempted to miss breakfast to cut down on calories. You could be missing out on important vitamins and minerals.
- Low fat, high fibre foods make a good choice as they fill you up without too many calories.

What a choice!

- Experiment with different breads and rolls and don't forget about the Ulster favourites like wheaten bread and soda farls. Remember that croissants are actually a type of pastry and so are high in fat. Keep these for special occasions.
- Spread butter, margarine or low fat spread very thinly (see the leaflet on *Bread* in the *Take a new look at fibre!* series for more information on spreads).

