

Rules for Eating a Healthy Breakfast

What We Do

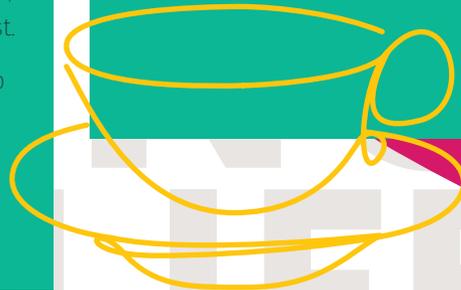
We offer a range of food groups to help you build a balanced start to the day.

- **Wholegrains** – we offer oats (porridge), no added sugar muesli, wholegrain breakfast cereals (lower sugar and lower salt varieties) and wholegrain breads. All provide an energy-giving foundation to breakfast.
- **Protein** – you can choose from milk, yoghurt, eggs, reduced salt and sugar baked beans, cheddar cheese and seeds. Protein foods are needed for growth and development
- **Good Fats** – we use rapeseed oil and flax seeds for omega 3's and unsaturated fats. Salmon also provides omega 3's.
- **Calcium** – is vital for strong bones. Milk, fortified soya milk, natural homemade bio yoghurt, cheeses, dried apricots and flax seeds along with both wholegrain and white bread give children this crucial mineral at their first meal of the day.
- **Fruits or Vegetables** – bananas, berries, grilled tomatoes, dried fruits and 150ml servings of fruit juices and smoothies all help to provide colour, vitamins and minerals and volume to breakfast.
- **A drink** – we always have milk or water to help hydrate you for the morning ahead



Did You Know?

It is estimated that up to one third of us still regularly miss breakfast. Many of us put this down to time pressures in the morning, but with a little planning, you can find a breakfast choice to suit your lifestyle.



Big BREAKFAST

Starting the day in a great way

The Facts

What We Know

- Breakfast literally means 'breaking the fast' from eating the night before. Eating breakfast also helps to prevent snacking during the day.
- Breakfast helps to top up the energy stores that have been used overnight whilst our bodies repair, renew and grow. It also provides energy for the morning activities, whether in the classroom or on the sports field.
- Although breakfast is often quoted as 'the most important meal of the day', skipping meals, whether it's breakfast, lunch or dinner, is not advised. Eating in a regular pattern has been shown to improve blood sugar control, reduce likelihood of weight gain and curb hunger pangs.

