

# A healthy brekky is easy as

**Peel** a banana  
**Pop** grainy bread in the toaster  
**Pour** milk on cereal

## Try out these great healthy breakfast combinations!

### Bread or Cereal

- High fibre, low sugar, low salt breakfast cereal

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### Protein

- Milk
- Low-fat yoghurt

+

### Fruit or Vegies

**Put on top or enjoy on the side:**

- Chopped fresh or frozen fruit
- Tinned fruit in natural juice
- Homemade stewed fruit
- Dried fruit

- Wholegrain toast
- Wholemeal crumpets
- English muffins – wholemeal or wholegrain

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- Reduced-fat cheese
- Baked beans
- Boiled, poached or scrambled eggs
- Peanut butter
- Glass of milk on the side

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- Sliced tomato
- Mashed avocado
- Cooked mushroom, tomato or spinach
- Fresh fruit or tinned fruit in natural juice

- Raisin bread or fruit loaf

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- Glass of milk or serve of yoghurt on the side
- Small fruit smoothie

+

- Fresh fruit or tinned fruit in natural juice on the side

- Savoury pancakes

+

**Add to mixture before cooking**

- Reduced-fat cheese
- Lean chopped ham

+

**Add to mixture before cooking**

- Chopped tomato/mushroom
- Spring onions and tinned corn kernels (drained)

- Sweet pancakes

+

- Dollop of low-fat yoghurt
- Glass of milk

+

- Fresh or frozen fruit
- Tinned fruit in natural juice
- Add grated apple and cinnamon to the mixture

- Toasted sandwich with wholegrain bread

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- Reduced-fat cheese
- Boiled egg
- Baked beans
- Lean sliced ham or chicken

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- Tomato
- Avocado
- Pineapple





**Breakfast cereals can be confusing with many containing a lot of sugar.**

**Check out these examples of some healthier cereal options:**

- wheat biscuits such as Sanitarium Weet-Bix, Uncle Tobys Vita Brits or homebrand wheat biscuits
- porridge (plain rolled oats or quick cooking oats)
- Kellogg’s Sultana Bran
- Kellogg’s Mini-Wheats
- Uncle Tobys Weeties

Disclaimer: This is not a complete list of available healthier cereals but are examples only.

**Grab this list when you shop to fill up your fridge and pantry with fast, tasty brekky ingredients!**

### **Pantry**

- Healthy brekky cereal (see examples above)
- Wholegrain bread
- Raisin bread or fruit loaf
- Wholegrain english muffins
- Wholemeal crumpets
- Salt reduced baked beans
- Tinned fruit in natural juice
- Dried fruit
- Salt reduced peanut butter
- UHT or powdered milk

### **Fridge**

- Milk
- Low-fat yoghurt
- Eggs
- Reduced-fat cheese
- Lean ham
- Mushrooms
- Baby spinach
- Spring onions/chives

Choose full fat milk for under 2 year olds, reduced-fat milk for 2-5 year olds, reduced-fat or skim milk for over 5 year olds.

### **Fruit bowl/fridge**

- Apple
- Pear
- Banana
- Mandarin
- Orange
- Strawberry
- Melon
- Tomato
- Avocado

Tip: Buy what’s in season – it costs less and tastes better too!

### **Freezer**

- Frozen fruit
- Homemade stewed fruit

**Many of these brekky foods also make great fresh snacks, so buy enough for the lunchbox too!**

**Turn over for quick and healthy brekky ideas or visit [opal.sa.gov.au](http://opal.sa.gov.au)**

