



# Step 01 Fill up on breakfast

Do you skip breakfast believing this will help you eat less and lose weight?

**Eating a healthy breakfast is one of the best ways to lose weight and gain health.**

- ✓ Gets your metabolism going
- ✓ Reduces mid-morning cravings
- ✓ It gives you a head start on nutrients you need to stay well

## Make a healthy breakfast

Include starchy food + protein + fruit and/or vegetables

### STARCHY FOODS

Choose one:

2 Wheat biscuits  
Porridge  
2 Wholegrain toast  
Untoasted muesli



Wheat biscuits + Milk  
+ canned peaches

### PROTEIN FOODS

Include one:

Egg  
Green or yellow top milk  
Baked beans  
Cottage cheese  
Low fat yoghurt



Toast + Baked Beans  
+ Banana or Orange

### FRUIT & VEGETABLES

Include one:

Fresh fruit  
Canned (low sugar) fruit  
Dried fruit  
Sliced tomatoes  
Mushrooms



Untoasted Muesli  
+ Yoghurt + Fruit Salad

## More breakfast ideas

### At home:

- Toast with cottage cheese and tomato with fruit
- Scrambled egg and tomato on toast with a low fat milky drink
- Leftover rice or roti with vegetables and yoghurt

### On the run:

- Piece of fruit
- A pottle of yoghurt
- Banana wrapped in wholemeal bread
- Smoothie or breakfast drink

**Tip:** Try mixing cereals (for example wheat flakes and untoasted muesli). It can be cheaper, healthier and just as tasty.



## Choose a healthy cereal

Use the 100g columns to compare cereals

| NUTRITION INFORMATION |           |          |
|-----------------------|-----------|----------|
| Serving size: 30g     |           |          |
| Servings per pack: 15 |           |          |
|                       | Per serve | Per 100g |
| Energy (kJ)           | 440       | 1480     |
| (Cal)                 | 106       | 354      |
| Protein (g)           | 3.6       | 12.0     |
| Fat – Total (g)       | 0.4       | 1.3      |
| - Saturated fat (g)   | 0.1       | 0.3      |
| Carbohydrate          |           |          |
| - Total (g)           | 2.0       | 67       |
| - Sugars (g)          | 0.8       | 2.8      |
| Dietary Fibre (g)     | 3.3       | 11.0     |
| Sodium (mg)           | 84        | 280      |

**Tip:** Compare cereals in the supermarket and make a list of those that meet the criteria

**Choose UNTOASTED cereals with:**

- LESS than 10g FAT per 100g
- LESS than 15g SUGAR per 100g (or up to 25g if cereal contains dried fruit)
- MORE than 7g FIBRE per 100g

### Can't face breakfast? Try the following...

- Eat your main meal earlier in the evening and avoid late night snacking. This will improve your appetite in the morning
- Get up earlier. Take time to sit down and enjoy your breakfast
- For early starters, take breakfast to work
- Eat something as soon as possible. Each day try eating a little earlier

## Recipe: Easy overnight muesli

See [www.appetiteforlife.org.nz/recipes](http://www.appetiteforlife.org.nz/recipes) for more tasty and healthy food ideas.

Serves 4

**Ingredients**

- 2 cups rolled oats
- 1 ½ cups of green/yellow top milk or low fat yoghurt
- Fruit

**Method**

Soak oats and milk overnight. In the morning, spoon ¾ cup of the mix into a bowl, add chopped fruit and sometimes a table-spoon of chopped nuts or seeds. Add a little more low fat yoghurt to make it thick and creamy. Mix well and enjoy!

**OR Make a fruit smoothie**

Combine fresh or frozen fruit with low fat milk or yoghurt and one or two ice-cubes in a blender. Blend until smooth.



|                     |
|---------------------|
| My Breakfast Goals: |
|                     |
|                     |
|                     |