# 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



## PROTEIN FOODS Include one:

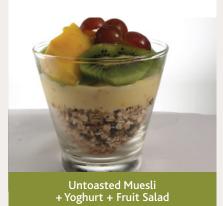
Egg Green or yellow top milk Baked beans Cottage cheese Low fat yoghurt



Toast + Baked Beans + Banana or Orange

## FRUIT & VEGETABLES Include one:

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



### 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 <
<ul> <li>Saturated fat (g)</li> </ul>	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 SUGIAR 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 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 3/4 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:	
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