



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 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: