

Breakfast – Give children the right start to their day

Eating a healthy breakfast can help to improve alertness, concentration, mental performance and memory.

Children who skip breakfast are more likely to eat less nutritious food during the day and are more likely to be overweight than children who eat breakfast.

A healthy breakfast is one which includes:

- a wholegrain/wholemeal bread, cereal or grain product
- a dairy product (or alternative e.g. soy)
- fruit or vegetables

Choosing breakfast cereals:

Choose breakfast cereals that are **high in fibre**, **low in salt** and **low in sugar**.

Fibre: choose products that contain more than 4g of fibre per serve.

Wholegrain: look for the word 'whole' or 'wholegrain' as the first or second ingredient on the ingredient list. This usually means the cereal is less processed.

Salt: choose products that have less than 400mg of sodium per 100g.

Sugar: choose products that have less than 15g of sugar per 100g. If the cereal contains dried fruit then up to 25g of sugar per 100g is OK.

Most breakfast cereals are low in saturated fat and have added vitamins and minerals.

Refer to Caring for Children: Birth to 5 years, NSW Ministry of Health, 2014, page 67 – 71 for information on reading food labels.

If your service offers breakfast, try some of the following suggestions:

- Wholegrain cereal with milk*, fruit and/or yoghurt*
- Wholegrain/wholemeal toast with a little margarine and sliced banana
- Fresh fruit with yoghurt* and raisin toast
- Fruit smoothies made with fresh or canned fruit
- Porridge with warm milk* and stewed fruit
- Yoghurt* topped with muesli style cereal and chopped or pureed fruit
- Wholegrain/ wholemeal English muffins with a slice of cheese* and tomato
- Baked beans or creamed corn on wholegrain/ wholemeal toast and a glass of milk*

**It is also important to have healthy drinks with breakfast. Water or milk* is best.
Limit fruit juice, serve fruit instead.**

* Use reduced fat dairy products for children over 2 years of age.

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