Breakfast

It’s often said that breakfast is the most important meal of the day. Eating in the morning can help your concentration and memory, and make you feel less tired during the day. Breakfast is a good chance to include breads and cereals, fruit and dairy products in your diet.

For a quick and tasty breakfast, try these ideas:

* Porridge or muesli topped with stewed fruit.
* Sardines or baked beans on wholegrain toast.
* Smoothie made with milk, yoghurt and fruit. Try strawberries, melon, mango, banana, kiwi fruit or tinned fruits.
* Scrambled or boiled eggs on a wholegrain English muffin. Serve with cooked tomatoes, asparagus or mushrooms.
* Raisin toast spread with cream cheese, sliced banana and cinnamon.
* Toast or crumpets with avocado and sliced tomato.
* Chopped fruit topped with yoghurt.

*Updated June 2019*