



Some useful Tips on how to eat Healthy Foods

If you find there is no time for breakfast, try getting up a little earlier.

Set a good example as a parent by having breakfast yourself.

There are many delicious and nutritious foods that can be eaten.

Here are some Ideas:

Cereals with milk e.g. Weetabix, Shreddies, Porridge, Fruit 'n' Fibre, Branflakes, Muesli, etc.

(Try to avoid the sugar coated products)

Toast/Crackers with butter/margarine and marmalade or jam.

Fresh fruit.

Yoghurt.

Unsweetened fruit juice/milk as a drink.

Boiled egg/Baked beans/Ham on toast.