

Starting the Day the Right Way: Balanced Breakfasts

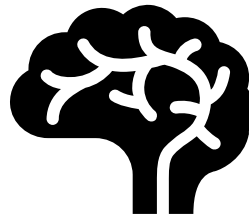


...for children



Breakfast: What's the big deal?

A good breakfast can help to **fuel up your bodies and brains** to get you through the morning - this applies to **you and the children!**



It will help you to **focus and keep learning** at work, school and play.



Let's get you started on how to build a great breakfast!

What makes a great breakfast?

Wake your child's digestive system gently.

They need a **portion of grain** which their body will turn into energy, and a **bit of protein** to keep them going through the morning.

There are lots of combinations you can use for this! We'll show you some ideas of what a good, nutritious breakfast looks like using different foods.



Remember, you **and** your children should aim to eat your **5-a-day**.
Aim to get a portion of fruit in their breakfast to start the day off right!



These are just suggestions, not a definitive guide - use this to help you decide on your child's healthy breakfast.

Which cereals make a great breakfast?

Wholegrain cereals contain lots of **fibre**



Under 7s: 1 wheat biscuit

7+: 1½ - 2 wheat biscuits



Milk contains **protein*** and calcium

Choose **lower sugar** options



***Some dairy-free milk alternatives are low in protein.**

Soya milk is high in protein and vitamin B12, compared to other dairy-free options.

Be Size Wise: How much cereal should we give?

Food packaging usually recommends **30-45g** as a portion for 11+, so younger children may need a bit less.

These portions ensure you don't overload on sugar and salt.

Most of us pour too much cereal at a time - try weighing it out using **tablespoons** - count how many you need to get to the right portion



Or use a **small scoop** to help you measure out without the scales - weigh it **once**, then you know how much a scoop contains

If this portion isn't enough for your child, add extras like fruit and yoghurt for those all-important nutrients.

What else makes a great breakfast?

Banana on Toast

Choose wholemeal or 50/50 for **fibre and protein**

Bananas are a great **source of energy**

Add peanut butter for **extra healthy fats** and protein



Under 7s: 1 slice

7+: 2 slices

Add **cinnamon, raisins, chopped dates or honey** for a tasty twist!



Porridge

Oats are great for **slow-release energy, fibre and protein!**

Add your choice of fruit for a balanced breakfast, like chopped apple or banana.

Mix it up at the weekend

Introduce the taste buds to something different.



Try pancakes or yoghurt with mixed fruit.



Soft boiled eggs or scrambled eggs with toast can fill the tummies before an active morning of play.

If your growing kids are pestering for the sweet cereals, then suggest they keep it to the weekends as a treat.

Don't forget fluids

They'll not get far without the fluids!



Keep that hydration high!



A small glass of orange juice or apple juice will add to their fruit count for the day, but aim to drink it with a meal to prevent tooth damage.

Why?
Fruit juice contains lots of sugar and acids, which can contribute to tooth decay.



One glass per day is plenty!

Mid-morning snacks

So, what's the plan for the rest of the day?

Let's keep it fun, fun, fun.
Children love colour and it's all about the fruit and veg because that's all colourful!



Easy to transport food such as:
bananas
satsumas
carrots
dried apricots
...can keep them going until lunch time.

Save Money, Save Waste!

It's important to keep breakfast exciting and tasty, but it can be difficult to use everything up in time if you buy it all in one shop. Here are some ideas for keeping up the variety without the waste...

Alternate the cereals you buy each week to give choice, whilst avoiding a stack of open boxes going stale in the cupboard

Keep a bag of frozen summer fruits in the freezer to use when you want them

Use tinned fruit when you've run out of fresh - easy and cheap to store in the cupboard

If you run out of milk, you can use yoghurt or orange juice for cereal and water for porridge!

Useful Websites and Apps

- **Start4Life** have a great recipe finder for babies and toddlers which can be filtered by age to identify suitable foods for their stage of weaning
 - [Weaning Recipes & Meal Ideas | Start4Life \(www.nhs.uk\)](http://www.nhs.uk)
- **Change4Life** have a selection of breakfast recipes here [Healthy Breakfast Ideas | Healthy Recipes | Change4Life \(www.nhs.uk\)](http://www.nhs.uk) and be sure to check out their **Smart Recipes** app (free!)
- The **Healthy Start** voucher scheme is available to pregnant women and parents with children under 4 (eligibility criteria applies) - vouchers can be used to purchase fruit, vegetables, milk and pulses.
 - Find out more here: [Healthy Start » About Healthy Start](http://www.nhs.uk)
- Check out **Zing Somerset's YouTube** channel for plenty more ideas!
 - [Zing Somerset - YouTube](http://www.youtube.com)

For more guidance on nutrition, healthy eating and getting active (for all ages), follow Zing Somerset!



www.healthysomerset.co.uk

