

# Breakfast - a great way to start your day!

Here are some tasty breakfast ideas to help you start the day with healthy fuel for your body.



**Whole grain toast**



**Baked beans**

or



**Eggs**



**Whole grain toast**



**Peanut butter**



**Low-fat milk**



**Wheat biscuits**



**Low-fat milk**



**Your favourite fruit**



**Porridge**



**Low-fat milk**



**Your favourite fruit**

## Choose breakfast foods that are:



### Whole grain

Whole grain foods such as whole grain bread, oats and wheat biscuits.



### High in fibre

Look for foods with the most fibre per 100 grams, as fibre keeps us feeling full and our bowels healthy.



### Low in sugar

Look for breakfast cereals with the lowest sugar per 100 grams.



### Low in sodium (salt)

Look for foods with the lowest sodium per 100 grams, e.g. peanut butter, baked beans and breads, which may not taste salty, as the salt is hidden.

For more food, nutrition and heart healthy tips visit [heartfoundation.org.nz](http://heartfoundation.org.nz)