

# Power up with breakfast

Tasty breakfast ideas to fuel your body for a healthy start



**Whole grain toast**

+



**Baked beans**

or



**Eggs**



**Whole grain toast**

+



**Peanut butter**

+



**Low-fat milk**



**Wheat biscuits**

+



**Low-fat milk**

+



**Fruit**



**Porridge**

+



**Low-fat milk**

+



**Drained canned fruit**

**Choose breakfast foods that are:**



**Whole grain**



**High in fibre**



**Low in sugar**



**Low in sodium (salt)**

