

Nutrition

Healthy Breakfast Options – Menu 2

Everybody say's, Breakfast is the most important meal of the day! After a good night's sleep, where you have gone for a long period of time without eating, your blood sugar levels will be low. Missing breakfast can mean your body will start to crave something sweet and you'll end up snacking on unhealthy foods. So start the day with a filling and nutritious meal and you will give your metabolism a kick start. You'll feel full until lunch time with no temptation to snack your way through the morning. Here's a selection of healthy breakfast options for you to choose from....

Oatmeal and berries

Use oats and skim milk to make your porridge, then add any berries such as strawberries, raspberries or blueberries and honey. This is a great way to start the day as the oats have a low GI (Glycaemic Index) this tells us that oats do not raise the blood glucose level very quickly, which is good as it can help stabilise the appetite. Just go easy on the honey!

Peanut butter on toast

Peanut butter, like most foods is made with fat, however it contains 80% of unsaturated fat, thankfully, "the good fat", which may help lower LDL cholesterol levels in your blood. So smear a thin layer on some whole grain toast to start your day off right.

Bagel with reduced fat cream cheese and smoked salmon

Bagels are high in starchy carbohydrates, which help kick start the body into action for the day after a fast of at least eight to ten hours. The smoked salmon provides the body with omega 3 fat which is essential for the body. Many of us eat far too much saturated fat (which is bad for us) and not enough omega 3 fat that is vital for our health.

Fruit and yogurt

Try adding your favorite fruit to a small pot of low fat or diet yogurt for breakfast. A small pot of yogurt counts as one of your three portions per day of dairy foods, essential for the teeth and bones.

Pure fruit juice and iron fortified breakfast cereal

Next time you are in the cereal aisle at the supermarket, spare a few minutes to check out the labeling on the packets. Not all cereals are equal when it comes to the vitamins and minerals that are added to them. Iron is a mineral that is added to many cereals, try sultana bran or bran flakes, drink a glass of pure fruit juice such as orange or grapefruit and the vitamin C that the juice contains helps your body to absorb the iron more easily.

Smoothie

If you really can't face breakfast try to have a smoothie instead. If you fancy trying to make one yourself (easy if you have a hand blender) then fruits such as berries, apples and bananas are great with some milk. All those anti-oxidant vitamins in the fruit help boost your immunity.

Eggs on granary toast

Eggs are not bad for us! It is what you do with them... Poaching or scrambling eggs with a little milk is a good way to incorporate them into your diet. They provide valuable protein, scrambled eggs on toast is a much better choice over a fried egg sandwich.

English muffin and fruit spread

English muffin can be a nice alternative to consume a starch in the morning. The only problem with English muffins is the tendency to add lots of butter to them. Try a fruit spread, a great way to top them without adding all the calories and fat in butter.