

# Brainy Breakfast Ideas

Breakfast is a one of the most important meals of the day because it breaks the overnight fasting period and provides essential nutrients to keep kids energy levels up throughout the day. Skipping breakfast reduces children’s ability to think clearly and focus well. When breakfast is skipped, energy levels can drop, it is much harder to concentrate, negative behaviours are more common, and it often means children are looking for a high energy snack food mid-morning.

A nutritious breakfast does not have to take a long time to prepare or eat. Aim for breakfast to include fruit or vegetables, a dairy product or other protein-rich food such as egg or baked beans and wholegrain bread or a high fibre breakfast cereal.

Kick start your kids day with some of these nourishing breakfast ideas:

- Porridge with sliced banana or berries
- Natural muesli with berries and milk or yoghurt
- Wholemeal toast with avocado and cooked mushrooms
- Wheat biscuits with milk and sliced banana
- Baked beans with grated cheese on toasted English muffins
- Boiled egg with wholegrain toast cut into fingers with sliced melon on the side
- Raisin toast with light scraping of butter or margarine and a small tub of yoghurt
- Omelette with tomato, baby spinach and cheese served and a slice of wholegrain bread
- Breakfast smoothie – ¼ cup yoghurt, 200mL milk, 1 chopped ripe banana, 2 tbsp rolled oats, and cinnamon – blend together to make a smoothie
- Small banana, mashed with pinch of cinnamon and a dash of lemon juice, on a slice of toast warmed under the grill. Serve with a glass of milk
- Small bowl of fruit salad with yoghurt and a sprinkle of cereal
- Sliced tomato and grilled cheese on wholegrain toast
- Wholegrain cereal with milk and chopped strawberries
- Scrambled eggs on wholemeal toast



Choosing a breakfast cereal can be overwhelming with lots of information and health claims on packaging. Many breakfast cereals that appeal to kids with cartoon characters and bright packaging are high in added sugars. To help choose the best breakfast cereals, look for the following on the Nutrition Information Panel:

Total fat per 100g	Saturated fat per 100g	Fiber per serve	Sugar per 100g	Sodium per 100g
<10g	<3g	3g or more	15g or less	<120mg is best <400mg is good