GOOD BREAKFAST GUIDE



A GUIDE TO HEALTHY BREAKFASTS FOR SCHOOL-AGED CHILDREN

Why is breakfast important for school-aged children?



Studies show that healthy breakfasts can benefit children's diet quality, body weight and and can support learning.

Many school-aged children skip breakfast.

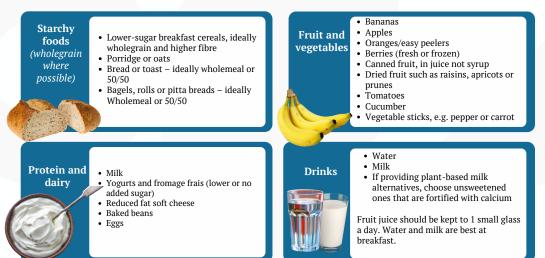
Missing out on a nutritious breakfast can make it harder for children and young people to get enough of the nutrients they need.



WHAT DOES A GOOD BREAKFAST PROVIDE?

Nutrient		Function		Examples
Carbohyd	lrate –	Provides energy to support growth, activity, learning and development after the overnight fast	H	Starchy foods like cereals and breads
Protei	in –	Needed for healthy muscles and for bone development in children		Beans, eggs, milk, yogurt, cheese
Fibre		Important for a healthy gut and for long-term health		Wholegrain cereals, wholemeal breads, fruit, vegetables, beans
B vitam	ins	Help release energy from food and support the nervous system		Fortified breakfast cereals, milk, yogurt
Vitamii	n C	Helps support the immune and nervous system and important for healthy skin		Fruit (e.g. citrus and berries) and some vegetables (e.g. tomatoes and peppers)
Calciu	m	Needed for growth and development of bones in children		Milk, cheese and yogurt. If serving plant- based versions, choose those fortified with calcium
Iodin	e	Needed for cognitive function and healthy growth in children		Milk, cheese, yogurt and eggs
Iron		Needed for cognitive development in children and for healthy red blood cells		Fortified breakfast cereals, wholemeal breads, dried fruit
Zinc		Needed for cognitive function, healthy skin and to support the immune system		Wholegrain breakfast cereals, wholemeal breads

WHAT MAKES A GOOD BREAKFAST?



Limit/avoid sugary cereals, cakes, pastries, jams, sugar, honey, syrups and juice drinks.

Consider food allergies and cultural, religious or vegan diets. Check labels for food allergens.

Present food well and serve in clean, calm and attractive surroundings.

- Wholemeal bagel with reduced fat soft cheese and sliced fruit
- Wholegrain cereal with sliced banana, raisins and milk
- · Wholemeal toast with baked beans and sliced pepper
- Wholemeal roll with sliced boiled egg, cherry tomatoes and orange segments
- Porridge or overnight oats with frozen berries or dried fruit
- One pan shakshuka with canned beans, chopped tomatoes, peppers and eggs
- Scrambled eggs or omelette with mushrooms, sweetcorn and wholemeal toast
- Baked oats made with fresh or dried fruit

For more information about nutrition for children go to <u>www.nutrition.org.uk</u> A summary of the breakfast report is available <u>here</u>



Some examples of healthy breakfasts

