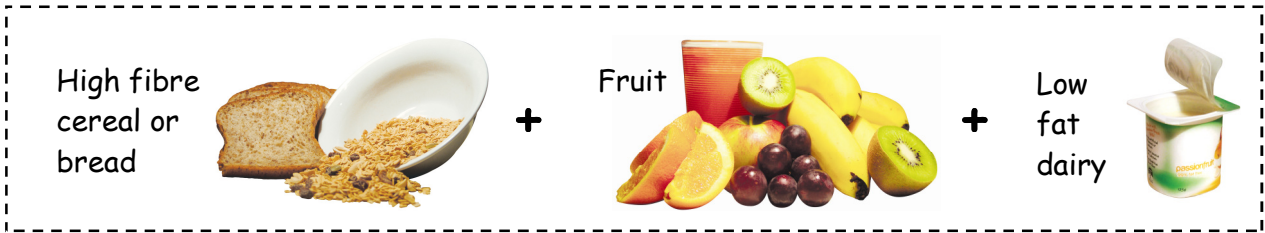


Kick start every day with BREAKFAST

Do you have breakfast every day? Breakfast gets your metabolism going, helps you avoid mid morning cravings, and fuels your body on fibre, protein, vitamins and calcium. Make it your goal this week to have breakfast each day.

Create yourself a healthy breakfast every day:



Muesli + sliced banana + trim milk

Porridge + stewed apricots + yoghurt

Wholegrain toast with jam + an apple + trim latte

Wholegrain toast with sliced tomato & cottage cheese + fruit juice

Breakfast cereal shopping

Check the nutrition information panels (NIP) when you buy breakfast cereals.

Compare products by checking the 'per 100g' column in the NIP.

Look for:	Per 100g
Fat	< 10g
Sugars	< 15g
Dietary fibre	> 6g
Sodium	< 400mg

Good choices are..... wheat biscuits, bran based, oats (porridge), and low fat muesli.

Wholegrains, these cereals are higher in vitamins and fibre.

Toasted muesli is often high in fat, so why not try making your own.

Toasted Muesli Recipe

- ½ cup brown sugar
- 1 cup fruit juice (apple or orange)
- 2 tsp vanilla essence
- 1 tsp cinnamon
- 1 kg wholegrain oats
- 1 cup dried fruit (e.g sultanas, apricots)
- ½ cup sunflower seeds (or mixture of seed)

1. Heat the first 4 ingredients together, then mix in with the oats
2. Spread onto a baking tray and bake at 150°C for 30 minutes
3. Stir in dried fruit and seeds
4. Return to the oven, turn oven off and leave muesli in there till the oven cools.
5. Store in an air tight container.

Make the muesli to suit you & your families tastes. Use a mixture of dried fruit, seeds, and chopped nuts.