



A healthy brekky is easy as

Peel a banana
Pop grainy bread in the toaster
Pour milk on cereal

Try out these great healthy breakfast combinations!

Bread or Cereal

- High fibre, low sugar, low salt breakfast cereal

+

Protein

- Milk
- Low-fat yoghurt

+

Fruit or Vegies

Put on top or enjoy on the side:

- Chopped fresh or frozen fruit
- Tinned fruit in natural juice
- Homemade stewed fruit
- Dried fruit

- Wholegrain toast
- Wholemeal crumpets
- English muffins – wholemeal or wholegrain

+

- Reduced-fat cheese
- Baked beans
- Boiled, poached or scrambled eggs
- Peanut butter
- Glass of milk on the side

+

- Sliced tomato
- Mashed avocado
- Cooked mushroom, tomato or spinach
- Fresh fruit or tinned fruit in natural juice

- Raisin bread or fruit loaf

+

- Glass of milk or serve of yoghurt on the side
- Small fruit smoothie

+

- Fresh fruit or tinned fruit in natural juice on the side

- Savoury pancakes

+

Add to mixture before cooking

- Reduced-fat cheese
- Lean chopped ham

+

Add to mixture before cooking

- Chopped tomato/mushroom
- Spring onions and tinned corn kernels (drained)

- Sweet pancakes

+

- Dollop of low-fat yoghurt
- Glass of milk

+

- Fresh or frozen fruit
- Tinned fruit in natural juice
- Add grated apple and cinnamon to the mixture

- Toasted sandwich with wholegrain bread

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- Reduced-fat cheese
- Boiled egg
- Baked beans
- Lean sliced ham or chicken

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- Tomato
- Avocado
- Pineapple





Breakfast cereals can be confusing with many containing a lot of sugar. Check out these examples of some healthier cereal options:

- wheat biscuits such as Sanitarium Weet-Bix, Uncle Tobys Vita Brits or homebrand wheat biscuits
- porridge (plain rolled oats or quick cooking oats)
- Kellogg's Sultana Bran
- Kellogg's Mini-Wheats
- Uncle Tobys Weeties

Disclaimer: This is not a complete list of available healthier cereals but are examples only.

Grab this list when you shop to fill up your fridge and pantry with fast, tasty brekky ingredients!

Pantry

- Healthy brekky cereal (see examples above)
- Wholegrain bread
- Raisin bread or fruit loaf
- Wholegrain english muffins
- Wholemeal crumpets
- Salt reduced baked beans
- Tinned fruit in natural juice
- Dried fruit
- Salt reduced peanut butter
- UHT or powdered milk

Fridge

- Milk
- Low-fat yoghurt
- Eggs
- Reduced-fat cheese
- Lean ham
- Mushrooms
- Baby spinach
- Spring onions/chives

Choose full fat milk for under 2 year olds, reduced-fat milk for 2-5 year olds, reduced-fat or skim milk for over 5 year olds.

Fruit bowl/fridge

- Apple
- Strawberry
- Pear
- Melon
- Banana
- Tomato
- Mandarin
- Avocado
- Orange

Tip: Buy what's in season – it costs less and tastes better too!

Freezer

- Frozen fruit
- Homemade stewed fruit

Many of these brekky foods also make great fresh snacks, so buy enough for the lunchbox too!

Turn over for quick and healthy brekky ideas or visit opal.sa.gov.au