

Breakfast menu ideas fact sheet

Breakfast helps 'break your fast' after a long period of not eating (often 12 hours or more!). Many people who skip breakfast find that they are so hungry by mid-morning, they reach for a quick high fat and/or high sugar snack (also high in kilojoules).

If you still can't 'stomach' breakfast, either have your breakfast a little later (do some work first) or have a nutritious mid-morning snack. Try some of these ideas to keep you going until lunch:

- Porridge (use low fat milk), toast, dried fruit.
- Muffin with vegemite, cereal with low fat milk, banana.
- Natural muesli, low fat yoghurt, strawberries.
- Crumpet, small amount of honey, glass of milk, apple.
- Toasted salmon and tomato sandwich, small glass of pineapple juice.
- Grilled fish, toast, tinned fruit.
- Sautéed mushrooms, toast, glass low fat milk.
- Baked beans, toast, small glass of orange juice.
- Bread roll, grilled cheese and tomato, mandarin.
- Toast, egg (poached, boiled or scrambled), grilled tomato, orange.
- Toasted bagel, avocado or light cream cheese, tomato, glass low fat milk.

Or try something different:

- Pasta and tomato with a little cheese.
- Rice and 3-bean mix.
- Noodles with chicken and vegies.
- Sautéed potatoes, onions and tomatoes.
- Bubble and squeak (left over mash and vegies) on toast.
- Vegetable kebabs.
- Bean tacos.
- Soup with a bread roll.
- Zucchini slice with toast.
- Salmon and ricotta cheese filo triangle.

In a rush?

- Boil an egg the night before and mash it on bread or toast.
- At night, prepare a sandwich for grilling the next day.
- Heat porridge in the microwave.
- Make some quick toast or a sandwich then take fruit to eat on the way to work.
- Fruit smoothie - blend low fat milk, low fat yoghurt, banana, dash of vanilla.
- Wholemeal biscuits and low fat cheese with a piece of fruit.
- Plain, fruit or pumpkin scone.
- Fruit loaf or raisin bread.
- Wholemeal biscuits with cottage cheese, celery and a few walnuts.

If you want a lighter breakfast than the ideas listed, take one item of food and have it as a snack during the morning (e.g. toast, fruit or low fat yoghurt).