



Try a breakfast swap

From



Sugary cereal



To



Plain cereal such as plain porridge, plain wholewheat biscuit cereals, or plain shredded wholewheat



Top tips for breakfast



Go bananas

Try adding a sliced banana to plain porridge or plain wholewheat biscuits (like Weetabix or supermarket own-brand varieties). It's one of your 5 A DAY, too!



Fruit and yoghurt

When serving up plain cereal, try adding different fruit – like raspberries or blueberries – and low-fat, lower-sugar yoghurt.



Semi-skimmed

Try semi-skimmed, 1% or fully skimmed milk with cereal – but remember, fully skimmed milks are not suitable for children under 5.



Wholegrain bread

Instead of sugary cereal, try wholegrain toast. And if they want jam or low-fat spreads, spread it thinly – it's just as tasty!



Perfect porridge oats

Mix plain porridge oats with fruit and low fat, lower-sugar yoghurt and leave it soften overnight in the fridge. Served up the next day, it's delicious!



Bagels

Try lower-fat soft cheese on bagels topped with scrummy sliced banana.

