

BREAKFAST

EAT A GOOD BREAKFAST



Breakfasts that slowly release energy help you stay fuller for longer

Start your day with at least one of your 5 a day



A healthy breakfast restores your energy levels and helps you concentrate better

Good
breakfast

Eating breakfast means that you don't get hungry and consume empty calories mid-morning

Bad
breakfast



Make your own breakfast to avoid things that are high in sugar, fat or salt