

Breakfast swaps



Swap for plain wheat biscuit cereals, shredded wholegrain, plain porridge or no added sugar muesli.



Try adding chopped fresh, frozen (thawed), dried or tinned (in juice) fruit to low sugar cereal.



1/2

Sugary / sugar coated cereals e.g. chocolate, frosted, fruit flavoured, or honey crunch.

Try half and half to start with if preferred, e.g. half usual cereal, half low sugar cereal.



Make your own muesli with plain oats and choice of dried fruits, seeds and/or finely chopped nuts. Combine with milk and some extra chopped fruit (fresh, frozen or tinned) on top for a tasty home-made breakfast.

Breakfast swaps



Pastries



Swap for toasted tea cake, bagel, crumpet, English muffin or toast with reduced fat spread.



Try adding sliced banana or sliced tomatoes for a quick, healthier toast topping.



Whole / full fat milk



Swap for semi skimmed milk (over 2s), 1% fat or skimmed milk (over 5s only).

Breakfast swaps



**Full fat plain
yoghurt**



**Swap for plain
lower fat, fat free
Greek or natural
low fat yoghurts.**

Top tips



Plan ahead if you can and make a list before you go shopping.



Check the labels and swap for items lower in sat fat, sugar and salt.



Traffic light labelling can help you make healthier food choices. Swap foods with reds on the label for ones with more greens and ambers.



Try to choose wholegrain options more often e.g. wholemeal breads / wholegrain cereals.



Try adding a portion of fruit (or veg) to your breakfasts.