



Rosemary Stanton's Guide to a Healthy Breakfast and How to Host One

Friday 15 May 2009 is National Walk Safely to School Day. Local councils, businesses and Parents & Citizen groups are encouraged to 'Host a Healthy Breakfast' for their local primary schools to promote a healthy diet in conjunction with regular physical activity.

Good nutrition is essential for good health and a good breakfast is vitally important to start the day well. Breakfast gets the metabolism going and helps prevent a slump in concentration during the late morning hours. Studies also show that those who eat a healthy breakfast eat less junk food later in the day and have a lower intake of saturated fat and a higher intake of essential nutrients and dietary fibre for the whole day.

For a healthy school breakfast, the following foods need no preparation:

Apples, pears, bananas, mandarins, grapes or any fresh fruit in season, cheese cubes or cheese sticks, fresh bread rolls (excellent if served with a banana), long life milk (preferably fat-reduced), a soy or fruit based smoothie, small containers of unsweetened peaches or other fruit, dried fruit, water.

If there is someone who can help, good choices include:

Rockmelon, watermelon, kiwi fruit (in season), sliced French stick with peanut butter or yeast extract, yoghurt, whole-wheat breakfast biscuits, split and spread with peanut butter, milk, preferably fat-reduced.

For breakfast at home, good choices include:

Some fresh fruit plus quality whole-wheat breakfast biscuits or natural muesli with milk, toast with an egg, toast with cheese or peanut butter, a smoothie (blend fat-reduced milk, yoghurt, fresh fruit and a little honey).

Poor breakfast choices include:

Breakfast bars (too much sugar), sugary cereals, crisps or chips, soft drinks, juice drinks.

ABOUT ROSEMARY

Dr Rosemary Stanton OAM is one of Australia's best known nutritionists. She was awarded an Order of Australia Medal for her services to community health through education in nutrition and dietetics. Dr Stanton is currently a Visiting Fellow in the School of Medical Sciences at the University of NSW. She is a Patron of the NSW School Canteens Association and a member of many advisory committees and professional associations in Australia and overseas.



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