



# ROSEMARY STANTON'S

## "HOW TO HOST A WTWD HEALTHY BREAKFAST"



To celebrate Walk to Work Day and reward those who walk and take public transport to work, businesses, councils, government agencies, hospitals, universities, TAFEs and all workplaces are asked to 'Host a Healthy Breakfast'.

To make 'Hosting a Healthy Breakfast' easy, Australia's best known nutritionist, Dr Rosemary Stanton OAM, has put together some suggestions:

### 1) FRESH FRUIT

Easy Option: provide a basket of whatever fruit is in season (mandarins, oranges, strawberries plus apples, bananas and pears are widely available and reasonably priced at present).

Fancier Option: provide a platter of fresh fruit cut up (for example, rockmelon, watermelon, kiwi fruit, strawberries, sliced oranges, pawpaw).

### 2) TOAST

Easy Option: provide a toaster, bread (preferably multigrain or wholegrain rather than white), spread and toppings such as fresh tomato, avocado, yeast extract or peanut butter.

Fancier Option: provide higher quality bread such as one of the better-quality fruit loaves or sourdough bread.

### 3) BREAD

Easy Option: arrange for fresh bread rolls to be delivered in time for breakfast. Also provide bananas (a banana in a fresh roll is delicious after a walk) or tomatoes and perhaps some reduced-fat cheese.

Fancier Option: have bake-at-home rolls and a small oven (bench top ones are available) so that workers can smell fresh hot bread when they arrive.

### 4) BREAKFAST IN A DRINK

Easy Option: supply a product such as a soy or fruit-based smoothie.

Fancier Option: get a blender and make smoothies (reduced-fat milk, bananas, yoghurt, honey and ice cubes), have plenty of fresh, cool, water available - the water cooler is always good for workplace socialising, in the modern age.

### 5) CEREALS

Easy Option: provide a range of healthier cereals in individual eat-in-the packet style.

Fancier Option: provide natural muesli, wholewheat breakfast biscuits, or any of the multi-bran or mixed fruit and fibre cereals, plus bananas, dried fruit, sunflower seeds, slivered almonds and milk (this option will also require bowls).

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