



HOW TO HOST A HEALTHY BREAKFAST



To celebrate the Bupa Walk to Work Day and reward those who walk and take public transport to work, businesses, councils, government agencies, hospitals, universities, TAFE colleges and all workplaces are asked to 'Host a Healthy Breakfast'. Here are some suggestions to make hosting a healthy breakfast easy:

FRESH FRUIT

- Fresh fruit
- Tinned fruit in natural juice or unsweetened
- Dried fruit
- Pure fruit juice (no added sugar)
- Fruit smoothies made with reduced fat milk and/or yoghurt

BREADS

- Offer a range of wholegrain bread, rolls and wraps such as wholemeal, wholegrain, rye, white high fibre, bagels, English muffins, raisin toast, crumpets
- Polyunsaturated and monounsaturated margarine spreads or reduced fat dairy blends with the Heart Foundation Tick are preferred choices - serve on the side (if appropriate)

BREAKFAST CEREALS

- Offer lightly processed, high fibre cereals (eg: wheat breakfast biscuits, porridge, bran flakes, natural muesli)
- Heavily-processed cereals have added sugar, fat or salt (eg: toasted and sweetened muesli, sugar coated cereals) and are not recommended
- Offer reduced fat milk and yoghurt and fresh fruit

COOKED BREAKFAST

- Pancakes and waffles topped with fruit (eg: banana, strawberries etc) and reduced fat yoghurt
- Eggs - scrambled, poached, boiled or omelettes made with skim or reduced fat milk
- Lean bacon or ham, grilled
- Baked beans, fish cakes (grilled or baked), sautéed onion with mushrooms or tomatoes, bubble and squeak, (potato and vegetables)

TOAST TOPPERS (can also use on English muffins, crumpets or buns, preferably wholemeal)

- Tomato and finely chopped onion
- Peanut butter (No added salt)
- Spaghetti (Salt reduced)
- Reduced fat cheese
- Mushrooms
- Banana
- Baked beans (Salt reduced)
- Avocado and black pepper with a squeeze of lemon