

# Some Healthy Breakfast Choices for Children

Scrambled eggs on toast (with orange juice rather than milk as OJ assists the digestion of eggs),

Boiled egg with toast (with OJ rather than milk),

Plain omelette with perhaps mushrooms and/or tomatoes (with OJ rather than milk),

Porridge (made with milk) topped with fruit and/or honey,

Oatabix with fruit, milk, yoghurt,

Toast with honey, or marmite, or a nut butter (eg almond),

Coconut – slivers on porridge or cereal, coconut milk,

Chopped nuts – on porridge or cereal,

Smoothies – whizz up in the blender 2 or more of: milk, fruit, plain yoghurt, raw egg yolk, one teaspoon of honey to sweeten (if needed), etc.,

For special occasions: pancakes with lemon and honey (or teensy bit of sugar) and fruit,

**Protein (eg eggs), oats, fibre, yoghurt (plain), milk, OJ, fruit** = are all good breakfast choices.

**Wheat** = modern wheat is not the old-type healthy wheat, so try to avoid as much as possible; perhaps have bread/toast just a couple of days a week unless it's with eggs, or try more nutritional breads eg. rye or oat breads. Definitely avoid the cheap white (and brown) sliced breads.

**Cereals** = are not that healthy as most are wheat-based and virtually all of them are full of sugar. So it's important to check cereal packets for the amount of sugar, and perhaps have cereal just a couple of days a week, or a very small bowl of cereal either with added nuts/fruit or followed by scrambled egg, boiled egg, or omelette.

## Drinks:

Milk (preferably raw/unhomogenised and/or organic) eg cow's milk, goat's milk (definitely NOT soy milk),

Orange Juice with the 'juicy bits' for fibre (and perhaps with added water),

Yoghurt drinks such as Lassi or Kefir,

Water.