



Top tips

for your school breakfast club



1

Give out 50/50 bread and wholemeal bread instead of white

2

Know your portion sizes – check out our guide

3

Have lower sugar cereals like Cornflakes and Rice Krispies rather than Frosties and Cocoa Pops

4

Make sure there are no unhealthy options like croissants, sugary drinks, high-sugar spreads.



Healthy breakfast ideas

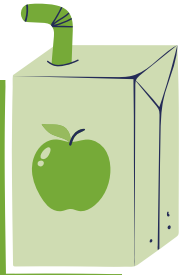
Food



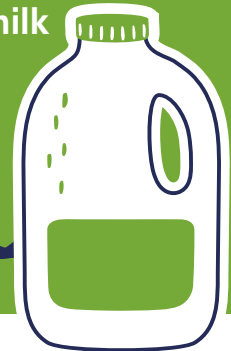
- Low-sugar cereal, semi-skimmed milk and fruit
- Porridge with fruit e.g. apple, berries or banana
- Low-fat natural/Greek yoghurt with fruit
- Baked beans on wholemeal toast
- Boiled/scrambled egg on wholemeal toast
- Crackers and piece of cheese.



Drinks



- Small glass of pure, unsweetened fruit juice
- Small glass of fruit or vegetable smoothie
- Semi-skimmed milk
- Water.



Know your portion sizes

Food / Drink	How much?
Bread	1-2 slices
Cereal	20-35g (2-4 tbsp)
Egg	1 egg
Cheese	25g (2 small fingers)
Milk	1 small glass
Fruit juice	1 small glass (150ml)
Fats and spreads i.e. ketchup, mayonnaise, butter	1 tsp

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For alternative formats, email marketing@maximusuk.co.uk quoting X22-1945